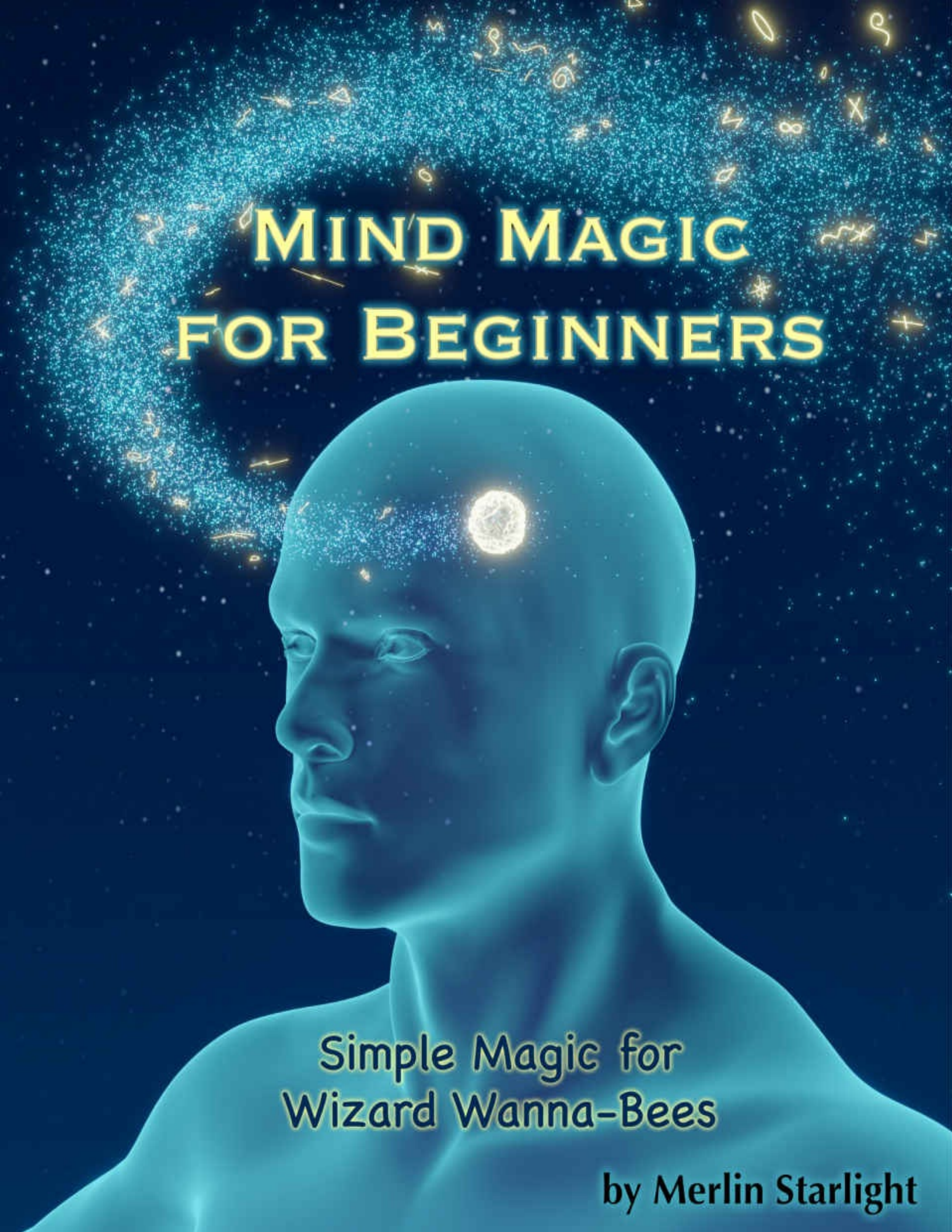
Mind Magic
for Beginners
Simple Magic for
Wizard Wanna-Bees
by Merlin Starlight

Mind Magic for Beginners:

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PART I: LEARNING MIND MAGIC

1. The Purpose of This Book

You are Powerfully on your Path. And you are just beginning the Best Part of Your Life.

—Abraham Hicks

What This Book Is

This is a magic book, simply put. I'm not talking illusions or card tricks here. Magic. Real magic. No-nonsense, down-to-earth, practical magic. It's not a book of spells or rituals. It's not a complicated and demanding system of beliefs and practices. It's not an exhaustive manual on magic. It's just a simple, practical guide to teach the average person how to use basic magic in their daily life—quickly and easily.

Who This Book Is For

This book is for the person who has learned about the power of the mind but hasn't figured out how to use it positively in their own life yet. It's for the person who has believed in the Law of Attraction or the principles of creating your own reality but hasn't figured out how to get those principles to work for them. It's for the person who's heard of many miracles and success stories that others have had and would like to experience those for themselves. It's for the person who's maybe seen the movie *The Secret* and felt that there was truth to it but couldn't get it to work for their own benefit. It's for the person who believes in the idea of positive thinking but would actually like to see it move some mountains in their own life.

No, this is not a Law of Attraction book. Hold onto your seat. We're going to move way past the Law of Attraction! This book is also for the *curious*.

It's for the person who has no experience in real magic but would like to know a little of it. It's for the person who doesn't have the time to study and practice magic aggressively but would like a shortcut to some quick tricks that could help with life's little challenges. It's for the person who's maybe

dabbled in magic a little but hasn't seen anything come of it—and would like to. It's for the person who wishes they knew a little magic here and there to influence the outcome of difficult situations but doesn't want to put more than a little into learning it. It's for the one who is interested in learning some real magic—maybe has been interested in it for a long time—but just can't seem to find the time to pursue it.

Perhaps you can relate. Perhaps you watched *The Secret* and thought, "Wow, this is powerful stuff!" And then afterward, you weren't able to change much in your life. Perhaps you're one that throws a lot of energy into positive thinking, affirmations, or even hypnosis—but without consistent, dependable results. Perhaps you believe in the benefits of meditation but can't seem to get there yourself. Perhaps you've seen a little bit of the power of positive thinking. Perhaps you've put some effort into the idea of creating your own reality, but you just can't seem to get anything major to change in your life. If so, this book is for you!

Or maybe you're the curious one. Maybe you're the person who loves the idea of real magic and would like to play with it a bit. Maybe you've believed that real magic does exist and you'd like to know how to make it real in your own life. Maybe you simply want to believe in magic but can't get past your own doubts. Or maybe you think learning magic takes years of meditation, study, learning to cast spells, and adhering to rituals that you just don't have the time or interest to pursue. Perhaps your doubts prevent you from investing your time and energy into learning something that you think might not even work for you. Or maybe you even study magic in some form, but you find that it takes so much effort and you're results aren't even consistent.

No worries! In this book, I'm going to teach you powerful magic. And I'm going to make it easy to understand and simple to do. In fact, I'm going to get you practicing magic quite quickly.

* * * * * * * * * *

Does this describe you?

- Have you read about creating your own reality and wished you could get it to work for you?
- Have you read positive affirmations and maybe even tried to create some of your own?

- Have you put your effort into positive thinking and made just a little bit of change—but nothing especially magical?
- Have you read stories of others using positive thoughts to work miracles in their lives and wish you could do the same?
- Have you tried meditating but either can't get into it or can't find the time for it?
- Have you seen the potential of what your life could be like *if only* you could put more and more effort into getting this Law of Attraction thing to work for you?
- Have you thought that real magic, if it does exist, is only for gurus that devote their lives to it?
- Have you believed that practicing real magic must require rigorous daily routines, strange rituals, or intense meditation methods that you just can't see yourself doing?
- Have you feared that real magic must somehow be evil, but you're still curious about it nonetheless?
- Have you considered that some types of magic might be real, but you just don't know where to look to learn about it?
- Do you wish that there was a simple, straightforward, quick, and easy way to learn some basic mind magic that could better your daily life?
- Do you want to move way past the Law of Attraction and Reality Creation ideas into a realm of working real magic in the moment?

Then read on—this book is for you!

Who This Book Is NOT For

This book is *not* for the person who is well-experienced in practicing magic. If you've been studying and practicing magic for a long time, then this may not be for you—although I do provide you with some quick and powerful exercises that will increase your magical power. And if this book does well on the market, I will be writing some additional, more advanced texts on magic—so be on the lookout for them. I'm even considering turning this into a progressive series on magic. We shall see.

This book is also not for skeptics. I don't say this lightly. If you simply can't believe in anything other than what your eyes perceive, then this book isn't for you. Feel free to put it down and go back to living your life in the fixed set of rules that you see to exist all around you. But… If you simply have doubts that you wish to get past—if you struggle with believing in anything miraculous or mystical and you'd like to get past that and become a believer—you're in the right place. Keep reading.

This book is not for those stuck in their ways. Really. If you're not open to changing yourself, you're probably not open to learning real magic. *Expanding the mind. Engaging the imagination. Opening the possibilities.* That is what this book is about. Read it with an open mind, and your perception of the world will change. Put it into practice, and your whole world will change! Of course, you must be open to change in order to receive it.

Most importantly, this book is *not* for those who seek to harm others. I say this with all seriousness. The principles, ideas, and practices contained within this book are only designed to promote positive change in the world. That change can be in your own life, in the lives of your loved ones, in your business, extended family, friends, pets, money, stuff, whatever. It can even be selfish change that only benefits you. But it must be positive. It must be in sync with the creative, constructive energy of the Universe. I only teach magic that is in sync with universal creative energy. It cannot be used to cause or promote any harm to human life. Any attempt to do so will result in negative side effects (in other words, it will come back to bite you). If your intent is harmful, you can stop reading now.

But I'm going to assume that your intent is good—that your purpose in learning magic is simply to benefit your own life, your loved ones, and the world around you. And that you're curious and eager to get started. Very well. Let's proceed.

Should YOU Read This Book?

If you've made it this far, then I want you to make a commitment. I want you to commit to reading this book from start to finish. Read it all the way to the end. Reserve your judgment of how well this magic works until you have read it, understood it, and done some of the exercises it contains. When

you've finished the book, then feel free to judge it however you like. I'm absolutely confident that if you put these teachings into practice, you will experience results that amaze you. So stick to it. Every day, read a little bit. It won't take you long to finish the entire book. After the first seven chapters, you'll come to chapters of practice exercises. I have given you dozens of exercises to put this magic into real practice in many areas of your life. Of course, you don't need to do all of the exercises (there are over 50 of them). You can do the ones you want and then skip through to chapter 20 where the main text of the book continues. The final chapter, chapter 21, is a reference guide for you of tools and resources that can help you move forward in your pursuit of powerful magic.

My mission with this book is to teach you powerful magic and to make it simple and easy to do. If you really desire to change your life for the better and get real magic to work in your favor, then commit to finishing this book. You may have obtained this book for free (at least the Kindle version). All I'm asking you to do is commit to finishing it. Will you do that?

You can also follow me on Instagram at @themerlinstarlight or on Twitter at @MerlinStarlight. There, I will continue to provide you with free guidance, tips, and motivation to continue reading this book so that you can grow in your pursuit of true magical power. You have started a journey. Keep going with it and your entire life will change! You can join the ranks of those who have taken control of their own lives in the areas of finances, job/career, relationships, health, freedom, and more. Stay on this path, and things will continue to get better and better and better.

You can also direct message me on social media. While I cannot guarantee that I will have the time to answer each individual question, I will certainly listen to your input, questions, and suggestions. Get online and let me know how you liked this book! I'd love to hear from you!

Why "Mind Magic"

Oh, there are many terms I could have used in naming this book. And it's not just naming the book—it's naming the practice. I could have called it "Instant Reality Creation", "Magical Thinking", "Universal Energy Tricks", or "The Supercharged Law of Attraction". I could have simply said "Magic". But I didn't, and I'll tell you why—because the *why* behind the name is

important. “Mind Magic” is simple. It refers to magic you work in your mind. By calling it Mind Magic, I have separated it from many other forms of manipulating creative energy. And by separating it from them, I have separated it from the rituals, steps, affirmations, and other “overhead” that other teachings include. It’s not that those aren’t important or beneficial. It’s just that I’m presenting another way. A simpler way. Working magic isn’t hard. It’s easy. And my goal with this book is to not just teach you but show you, in practical ways, just how easy it can be.

Now for a note about the word “magic”. It’s an interesting word. It implies a lot in modern culture. It has a lot of meanings, a lot of uses. Truly, it’s a very overused word—and I would say often poorly used. Many people have come to know magic as one of two things: either the parlor tricks that illusionists carry out, or the sparkly energy that’s shot across the screen in movies. And neither of which do they consider real. Mind Magic is not these at all, for there is no illusion to it—and neither is there sparkly colored energy (although that *would* be cool).

I will also note here that I don’t go around telling others I practice magic. This is because I’m smart enough to realize that there is no benefit in that. If I am speaking to an enlightened individual, I can easily use other terms to refer to what I practice, and they will know what I mean. But if I am speaking to a skeptic, they will only think I am a fool. Others may take offense at the reference to working real magic. And so as you learn the simple mind magic I present in this book, I recommend that you don’t tell everyone that you’re learning how to play with real magic. You may not get the response you desired. Or worse, they may try to discourage your efforts. Listen to the teachings I present. Gain an understanding of it. And keep it to yourself. Sure, if you want to tell your spouse, significant other, best friend, or even your child, I’m not saying you can’t. Just do it carefully, paying attention to the response you get. You don’t want to freak anyone out or make loved ones think you're foolish. Try using other terms. Tell them you’re learning to see things differently, you’re shifting your paradigm, or you’re practicing positive thinking. If they’re open to it, you can share this book with them. Then they can read it for themselves and you don’t have to explain it at all.

Why I’m Writing This Book

There are too many complicated magic books out there! For the person interested in learning some real magic, they often turn to books. (Seems logical, doesn't it?) And what do they find? Long, complex texts about the Universe. They find difficult and involved spells. They find a variety of magical objects, crystals, cards—you name it. They find a myriad of different beliefs to adopt or challenge their minds with. And then they feel that learning traditional magic is quite a project! Hours of meditations, rituals, adherence to fixed principles, allegiance to entities, and all kinds of strange practices. I know. I've read a lot of magic texts that just require too much of the practitioner. Often way too much.

I also know that most people don't have the time to put into learning magic to that degree. I know that most aren't motivated to learn magic if it would cost them hours a day for years. I know that a lot of people—people like you—are looking for a shortcut. Hey, why not? We live in a day of smartphones that provide us with instant access to information across the globe. These handheld devices will also map out the fastest route from point A to point B. And so a magic text that fits our present society should be just as convenient. It should tell you how to get from point A to point B in the shortest possible time. Concepts should be simple and direct. Practices should be easy to learn and do. It should provide the fastest and most direct route to your destination. That is what I have undertaken here.

I practice magic every day. I've found my own way to simplify it—to make it quick and easy. I'm a husband, father, writer, and entrepreneur. There are often a lot of things going on in my life. I could use help with things quite frequently—help from the Universe. I love magic! I use it to make my every day life so much easier. Out of necessity, I have found ways to practice magic that are fast and easy to do—sometimes almost instantaneous. And I get the help I need from the Universe. I'd like to show you how to do the same—easily.

And so I'm sharing it with the world. I'm writing this book to provide the average modern-day person with a way to get started using magic to better themselves, their daily life, their families or relationships, and their world. I'm sharing what I have found to be a convenient, easy, and beneficial way to influence change in the world around me using what I call Mind Magic. I'm doing this because of my powerful mission and vision…

My Mission and Vision

I have spent time in deep meditation, digging deeply within my soul, to discover my true purpose in life. When I uncovered my true purposes, I realized that I needed to share my knowledge with the world. One of my purposes is to find true happiness and deep inner peace. Another is to learn how to truly control and optimize life, as much as it is realistically possible. I felt that these things would enable me to enjoy life fully, thoroughly, even ecstatically. A third purpose of mine is to learn and believe deeply within myself that the world is really a good place. For a large part of my life, I believed that the world was full of evil, bad events, and a terrible history. Now I believe that the world truly is good, that people are inherently good—that YOU are inherently good. And so I have done it. I have found true happiness within myself. I have established my emotional and psychological self on a firm foundation of inner peace. And I have found powerful ways to control and optimize life. I have also come to the point where I enjoy life thoroughly every single day. So this brings me to another of my true purposes: To share these things with the world!

And now I shall state my mission with this work. It is this: To elevate the consciousness of the world, one soul at a time. To help my fellow humans on this earth to find true happiness and deep inner peace. To share the power I have learned with all of you as well—that you may also learn to control and optimize *your* life and thus enjoy life to your fullest capacity. And I will teach those lives that I have touched that the world truly is wonderful. By doing this, together we will make this world a better place.

My vision for this work is along these same lines. It is this: I will empower individual souls who will then share that power with other individuals. This knowledge and power will spread like a complex network—a web of magic—around the world. And thus *this work* will multiply blessings across the globe! This is my vision.

About the Author

Me? I grew up in a very religious home. As a child, I was always fascinated with the idea of magic—the ability to directly influence reality at will. But my mother was against it. She considered it evil. Consequently,

virtually anything associated with magic was forbidden. Fast forward to high school. I was a science buff. I studied physics on the side. And I mean *difficult physics:* relativity theory, particle physics, astrophysics, and quantum theory. Ahem, yes, I was one of *those* geeks. I was most fascinated with quantum physics—because here, in the smallest of particles, the laws of physics seemed to break down. And I wanted to know *why*. *Now I know.*

For more than 10 years now, I have studied magic in various forms. I have learned many different magical methodologies, healing modalities, practices, and arts. I've read books. I've been to training seminars. I've delved into lots and lots of things. But most importantly, I've *practiced*—lots and lots and lots! It's the practice that makes any of the study truly worth it. And that's what I want you to get you doing very soon. Don't worry—you won't need to learn quantum physics to get started!

You may have guessed that my name is not really Merlin Starlight. Of course it's not! But I found it a fitting name for an author of magic books, and it hides my real identity. And why do I feel it necessary to hide my identity? A few reasons. The biggest of these is this: Writing this book under a pen name allows me to most freely and openly share with you my innermost thoughts about magic, reveal to you how I actually do things, and be completely straightforward with you. And it doesn't have to affect my apparent character as it relates to my personal life and my business ventures. There's another reason to keep my identity a secret. You'll understand this more when you read chapter 4.

Okay, okay, so I'm this anonymous writer who feels somehow qualified to write a simplified book that can teach the world magic. What's my basis? What are my qualifications? For your own benefit, I'll tell you…

It's the success I have had with working simple Mind Magic. I could not list here all the things I have accomplished by using magic. That list could literally contain thousands of examples, as I have been using magic every day, many times a day, for several years. It's practically automatic for me now. I use Mind Magic to: get into the "zone" to make my work more effective; speed up a project or task I'm working on; fix things (everything from toys to electronics); find things; heal injuries; remove headaches or other physical ailments; stay well when those around me are ill; eat and live healthier; remove stress from a situation; help someone to sleep; win games; create pathways to making money; change a bad situation; shield my iPhone

(no need for a screen protector); influence the outcome of events; the list goes on…

But let me give you some everyday examples of things that happened recently for me as a result of using magic in some form:

Example A. The other day, my young child knocked a glass candle holder off of the kitchen table. It shattered on the floor as could be expected. When I heard about it, I came downstairs and swept up the mess. I used a little magic to protect my bare feet as I did so. Later that night, I was telling my wife about it. I was about to say, "And I got every last piece." But just as the words were on the tip of my tongue, an image flashed into my mind of one small sliver of glass, hiding under the leg of the table. And I knew it was still there. I told her about it. I made a mental note to clean it up. Sure enough, the next day when I moved the table leg and swept the floor again, there was that one small sliver. It was a little smaller than I'd seen it, but it was the same shape. This was useful, as it may have prevented a future injury.

Example B. Often, I wrestle on the floor with my children. They think their dad is invincible (probably because I've told them that), and they are sometimes a bit rough. If they jump on my back or smack me with something they shouldn't have, I just pause and "fix" it. In my mind, I connect with the event. I get on both sides of it and delete it. Within a few minutes, it's forgotten about. It's like there never was any injury. This has happened so many times I couldn't count them. I think I've forgotten about most of them. Of course, I tell my children not to do things to deliberately hurt me. But they know that if I get hurt, I can just fix it. I do the same for them when the situation arises. This is quite a helpful tool, wouldn't you say?

Example C. A few weeks ago, my family was returning from a short vacation. I was driving and my wife was mapping the distance home. Traffic was quite heavy on the freeway. We were still several miles away when I asked her how long it was predicting. Her answer was something like 43 or 46 minutes. I don't remember exactly. But I said out loud, "I don't accept that. I say we get home at 6:26 or 6:27." That was 15-20 minutes shorter than it predicted. "No way," she answered. She said I might get ahead of it by a few minutes but not by that much. But in my mind, I already saw what time it was when I pulled up to the house. And then I let go of it. The rest of the way home, I just gently kept seeing it and letting go of it. We pulled up at the house at precisely 6:26. Afterward, my daughter, who had listened to the

conversation and observed the end result, said, “That was cool.” Would that ever be useful for you?

Example D. A few days ago, my little girl was quite upset. She was screaming and screaming out in our backyard. Her sisters wouldn’t let her back into the house until she stopped, but they were having no success at getting her to stop. I was working in the garage at the time, and I could hear her screaming quite loudly, even from there. Realizing that no one else was able to help her calm down, I took a deep breath and decided to resolve the situation. On my way walking from the garage to the back yard, I created in my mind a large ball of peaceful energy with my hands. I silently walked up to my daughter and wrapped her in the peaceful energy ball. Of course, no one else could see what I was doing. She stopped screaming. I knelt down and talked with her for just a few seconds. Then I picked her up and carried her into the house. Within only a few seconds more, she was smiling and laughing. Now *that* is quite useful, don’t you think?

These are just a few examples I’m thinking of off the top of my head that have happened in the last few days at the time of this writing. I could provide you with hundreds of powerful examples of how I have worked magic to heal people, create money, protect objects or individuals, influence events, modify timelines, and alter reality in all sorts of ways. But the point of this book is not to bore you with my successes, but to empower YOU to be successful. So let’s leave it at this: I am simply someone who figured out, over years of trial and error, how to work powerful magic. Over the course of that time, I created my own methods for working what I call Mind Magic. Today, I am able to do many things with this magic quite consistently and repeatedly. That’s enough to qualify me to write this book. No one else can teach you Mind Magic like I can, for I have created the methods, tested them, and continue to improve them. And that’s another reason why I am writing this book. No one else can!

I now wish to share with you the amazing knowledge and power that lies within the realm of Mind Magic. I like you! I love you! I have tremendous love for humanity—and especially for my readers! I’m on your side and I want to help you be successful with this magic! I think you’re going to enjoy reading this book. I can’t tell you how much I want you to succeed! I believe in you! I *know* you can do it! I absolutely want you to have the best success at putting Mind Magic into practice. But before we begin…

Warning! Not For Harmful Use

I know I've said this already, but it bears repeating here. Do *not* use the concepts I reveal in this book to harm others *in any way*. Please take me seriously here. If you have any intention of harm to another person, magic is not for you. Using magic to cause harm will only bring harm back to you. It's the law of the Universe. Call it karma. Call it what you will. But putting out negative energy towards others will result in negative energy coming back to you. There's no way around that. I do not teach any kind of black magic, voodoo, or anything of the sort. I strictly adhere to never using magic to harm anyone—or to bring evil, misfortune, or mishap to someone—no matter how much I think they deserve it. It's not that I follow this as a restriction on my life. I don't live with a bunch of restrictions. I just know that it would be foolish to attempt to utilize the creative energy of the Universe to work destruction. It's not the way things are. I know it would either thwart any positive magic I am trying to do for myself or it would reflect back upon my life in negative ways. Besides, I have no desire to hurt anyone else anyway. I suggest that if you do have such a desire—even a nagging in the back of your mind that says, "I'll get them back once I learn some magic"—get rid of it now before you proceed with reading this book. Let it go. Letting things go increases your magical power anyway. There's no reason to hold onto things. Holding onto things will only hold *you* back. Let it go and let it flow!

2. Science and Magic: What Magic Is

There is a world within – a world of thought, feeling, and power; of light and beauty, and although invisible, its forces are mighty.

—Charles F. Haanel

What Real Magic Is

What is magic? Magic is as real as gravity. It's simply an unseen energy —a force that can be the cause of change. That's all gravity is. It's an unseen energy—a force that can cause change. Think about it. Magic is as real as momentum. Momentum is just the energy of something in motion. We can't see momentum—just the effects of it. I would say that magic is just another natural law, but I don't even like to look at it as a law. More appropriately, it's just an unseen manner in which cause and effect are worked out in the Universe.

Think about this. In all the Universe, what creates any change—in any way? It's a cause, right? We say causes have effects and effects must have a cause. I suppose you could call this a universal "law". But it doesn't really matter. It's just cause and effect.

You are already familiar with many causes and effects. You knock over a glass of water, the water spills. You hit the brakes, your car stops. You strike a match, it bursts into a flame. These are simple and obvious. But there are less obvious examples. Let's take each of these examples back to the previous cause. You are backing away from a person you don't want to be near, and you accidentally knock over the glass of water. You know this was the cause of the event. You may even secretly blame the other person. A car stops suddenly in front of you, so you slam on your brakes. Again, you see the initial cause, and again you might blame the other person. You are lighting candles on a cake, and so you strike a match. Again, a cause to an effect, which was a cause to another effect. But it goes deeper than that. Let's go even further back. The reason you don't want to be near that person is because of something they did or said to you in the past. *Previous cause.* A dog wandered into the road in front of the car in front of you. This caused

them to stop suddenly. *Previous cause.* Your child is having a birthday party—hence the cake and the candles. Again, *previous cause*. You can trace each cause and effect back further and further and further. In the case of the child's birthday, there's the fact that the child was born. The pregnancy. The marriage. That blind date your friend set up when you first met your spouse. Whatever. It goes on and on, as far back as you want to take it.

The point is that everything is cause and effect. That's how the whole Universe is. You may not understanding the cause behind every effect, but you assume that there is one—because you understand the principle. Think about moving your hand to pick up a glass. The cause here was a thought—something like, 'I'm reaching out to pick up that glass'. Here, a thought was the direct cause of a physical action. You don't understand how that works, but it does. Now there is a cause as well. Perhaps you were thirsty. And maybe you are thirsty because you just went for a jog. It doesn't matter what the previous causes were. You know that your thought was a cause that created a result. Your eyes are moving back and forth to read this book right now. You aren't usually even thinking about this. And you don't understand what in your brain gives you the ability to just think about moving your eyes somewhere and having them directly follow. But you know it works.

It's the same thing with magic. Those who practice magic believe in the principle of cause and effect, just like everyone else. Only they understand deeper causes to certain effects. They don't just believe in deeper unseen causes, they create them—deliberately and directly. The true magician has learned how to create in their minds a direct cause to a desired effect. And then they don't worry about it, because they know it works. Just like you don't worry about whether or not your eyes will follow the words on the page. You know they will follow because you are making them follow. It's not important that you understand how this works—just that it works.

What Real Magic Is Not

There are a lot of misconceptions about magic in the world today. Let me reveal a few of them so that you aren't confused as we move forward. Here is what magic is *not*:

- Magic is not the spoken words of a spell. The words themselves wouldn't be powerful if it weren't for the meaning behind them. It's the

thoughts and feelings that create the magic. If words are combined with thoughts and feelings, that's fine. But then it's the *feelings* behind them, not the words themselves, that are powerful to create change.

- Magic is not a wave of the hand. The wave of the hand would be fairly meaningless if it weren't for the thoughts and feelings behind it. Sure, waving a hand can go along with magic that is being done. But again, it's the *feeling*, not the wave, that is powerful to create change.
- Magic is not an object like a wand. Give someone a magic wand who cares not a whit for magic, and they will be no more powerful as a result. Again, it's the thoughts and feelings behind the waving of a wand. The wand itself, without the feelings, would be just a wand. Now it's true that an object (like a wand) could be imbued with magical energy, but this can only be done with powerful thoughts and feelings. The energy of those feelings can "stay" in the object. Thought energy is a very strange thing, indeed. But just because we don't see it, it doesn't mean that it isn't there.
- As I've said before, magic is not colorful sparkling energy that's flung across a movie screen. While the one practicing the magic might see it as such, no one else is seeing it. If the intent of the magic shown in a movie is to demonstrate powerful thought or feeling energy coming from the one working the magic, then the sparkles are just representative of that unseen energy. In truth, however, real magic is far more subtle. You may not even be aware that it is being done. This is often how I work magic—secretly. I see it in my own mind. No one else sees it. No one else needs to. And then some strange effect happens. Something comes about. Others wonder how it happened. But I know. And I usually stay silent about it.

But enough about what magic *isn't*. Let me teach you more about real Mind Magic.

The Quantum Observer Effect

I'm going to brush lightly against quantum physics here, as I believe the quantum observer effect is the key science behind why magic works. Do not worry. I will keep it simple.

Modern science has demonstrated that both matter and energy (that is, everything in the physical universe) are not solid. When you break every particle down to the smallest level, it is just a probability field—an energy wave of possibilities. Even the tiniest particles in an atom are not solid. They are just fields of energy. When scientists observe a single particle under an electron microscope, they are said to be "collapsing the wave" of that energy into a particle. To put this simpler, say an electron is circling around an atom. We think of it as a little ball in orbit around a bigger ball—going around really fast. In actuality, it's not a little ball. It's just a hazy field of all possible paths around that bigger ball. And that bigger ball isn't solid either. It's just a group of hazy fields of possibility all bunched together. When scientists "look" at one of these probability fields, it "collapses" into a single particle that is observed. But which spot, or position, does it "choose" to be in when this field—or this wave—collapses into a particle? It seems to "decide" where it's going to be at the moment it is observed. So, in a nutshell, the quantum observer effect says that when you observe a particle, it "decides" how it's going to appear *in that moment*. In fact, *how* you observe it may change that decision.

Think about this. The very *observing* of the thing *changes* the thing—in the moment that it is observed. I'm not making this up. This is a real principle of modern science, and (I believe) it is the root principle behind the idea of magic.

Now of course, magic has been around for ages, and scientists have only recently thought up quantum physics. But the principle has always been there. Some think that the rules of quantum physics only apply to very, very tiny things—the smallest of particles. I disagree. In fact, I know better. By extension of this principle, the *observance* of a thing *changes* a thing. And it doesn't matter what the size and shape of that thing is. Also, that "thing" could be matter or energy. Einstein showed us that it's all the same "stuff" anyway—that all matter is just tightly bound-up energy. It's not just energy—it's energy existing in a field of probabilities.

So, at the most basic fundamental level, everything is just a probability. When we look at things, this probability "collapses" into what we expect it to be. And if you can learn to "see" something differently—in the right way—then it will be different. This is simply a matter of a probability field collapsing into a particle this way or that way. The trick is to influence which

way it turns out.

Things are not always what they seem. In fact, nothing is as solid as you think. *In my mind*, I had seen myself cut out those cysts on my arms. I knew they were gone and that my skin would heal up and look normal again. I *observed* it that way, in the present. And I attribute the magical result as a simple manifestation of the quantum observer effect. I saw that my skin was already back to normal. I felt that it was already done. So, the particles that make up my skin were *observed* to be a certain way, presently. Then they just rearranged themselves to be the way they were observed. No law of physics was broken. No direct, seen cause worked to create the effect. But the cause *was* there. It was unseen. It *was* the "seeing" itself. And this worked the magic. We will come back to this concept again and again, as this is a key principle.

Sound too good to be true? Get rid of that thought! Nothing is *too good* to be true! There are things that are *too bad* to be true, but nothing is *too good* to be true. That is the way I see it! Get yourself to see things that way, and your life will be all the better for it!

Types of Magic

There are many types of magic still in practice in the world today. Depending on what part of the world you travel to, you will find various forms of magic still in use. There is Reiki and other hands-on healing modalities. There are crystals and stones. There is subtle or "running" energy. There is witchcraft and sorcery. There are spells and other practices that require doing certain things with specific objects. Some of these are religiously oriented, some are not. And then there are practices like tarot card reading, palm reading, and fortune telling. Many people make a living off of these practices. On the other side of the world, we have second sight or third eye "seeing", qi (chi) energy, acupuncture, and many other practices. A lot of these practices have received "bad rap" in the media. I would call all of these methodologies "magic" (because I especially like the word), and I don't discredit any of them. No, I don't practice them all. But I do pull some ideas and practical methods from a variety of them.

Yes, magic is a realm that is broad and deep. Do all of these forms of magical practice really work? Of course they do!—when the person

practicing them knows what they are doing. They also don't work when the person attempting them has no idea what they're doing. I will not, of course, be teaching you the details of all of these forms of magic in this book. To be true to its purpose, I will keep it as simple and direct as possible. Remember, I have worked in my own life to develop *Mind Magic*—a magical practice that is quick, practical, and easy to use. We will use some second sight, some "running" energy, and some hands-on healing. Why? Because it's easy to do.

Note: Possible Side-Effects

Another warning: Practicing magic can result in unwanted side-effects. What do I mean by that? Well, it's complicated. Mind Magic has to do with unseen causes and effects that are done by your subconscious mind. Your subconscious mind is crazily powerful. For most people, this power just lies dormant. They don't know how to activate it. Once you begin to activate it consciously, things start happening—sometimes very bizarre things. The negative possibility here lies in the fact that most people's subconscious mind is a storehouse of negative feelings, thoughts, and memories that it has held onto, often since early childhood. As you begin to learn magic and exercise the power of your subconscious, the hidden "issues" that lie within may work themselves out in ways that are not desirable. I will teach you how to deal with these issues later on in the book. I just want to disclose to you up front that by learning to practice Mind Magic, you are entering a world of possibilities that have previously been unknown to you—and the results may not always be what you wanted. I say this from experience. You can get through any such negative side effects and experience the positive miraculous power of Mind Magic in your everyday life. I will help you with this.

Explanation for Side-Effects

The first few years I practiced magic, I seemed to be able to make all kinds of things happen, but many of them were undesirable. Things smashing or breaking, items getting lost, problems arising. I discovered that these things were rooted in what I was truly feeling inside. I found that I had worried about the object getting broken, the item getting lost, or the problem occurring before it happened. By cleaning up my thoughts and feelings, I was

able to eliminate these side-effects.

The reality was that I discovered I had already been creating both positive and negative things in my life, unconsciously, for many years before I began to practice magic. You are most likely doing the same thing—unconsciously creating both positive and negative effects around yourself without realizing it. However, when you begin consciously practicing Mind Magic, your brain gets more and more confident that it can create things just by feeling or thinking. This causes those "side-effects" to abound more and more. This is where cleaning up your inner feelings and focusing on positive thinking becomes very handy—and very important. Positive thinking is great on its own, but understanding magic makes that positive thinking become a strong cause for positive effects. This is what you want. And I'm going to teach you how to do it. Later, in chapters 20 and 21, I provide you with tools to help you clean up your subconscious mind even more, so that you can create powerful positive magic without any unwanted side-effects. So let's keep moving forward!

Accidental Magic

You are probably getting a picture already of what I mean by accidental magic, but I'm going to explain it in a little more detail. As humans, our subconscious minds are amazingly powerful—beyond what you can even imagine. Our conscious mind is where we are thinking. This is our logical brain. It's not nearly as powerful. In between the two, there is a barrier—an unseen barrier. It's a protector of the subconscious mind. Why is it there? The job of the subconscious mind is to protect us—to keep us alive, keep us out of trouble, keep us safe. The barrier is there to keep us from directly influencing our subconscious minds in ways that may expose us to danger. The subconscious stores memories and feelings from past experiences. It evaluates them to determine if they resulted in danger (or perceived danger). And then it attempts to prevent similar situations from recurring. The subconscious is the source of our "fight or flight" mechanism. It is what heals the body. It is what protects the emotional self as well. It's job is to keep us safe—physically, emotionally, mentally. And it does so in powerful ways.

What the subconscious doesn't know is how to logically evaluate situations in order to determine if they are desired or not. That's the job of the

conscious mind. The subconscious just responds to the *feelings*—feelings in the present or memory of feelings in the past. Often those feelings are negative. Sometimes the subconscious holds onto negative feelings because it thinks that will prevent future danger. It's just trying to protect us, after all. The barrier is there around the subconscious mind because it is vital for our survival that the subconscious do its job as our protector. To have it easily influenced by our conscious mind could put us in unknown danger.

This is what hypnosis is all about. Hypnosis is designed to get past the barrier that protects a person's subconscious so that it can be reprogrammed away from negative stored feelings to new positive feelings. More about hypnosis later.

Okay, so maybe you know all this already. I'll get to my point. Your subconscious mind knows no limitations. It doesn't evaluate whether a feeling is true or not. It doesn't evaluate whether a feeling represents something that is possible or not. It doesn't know the difference between reality and make-believe. It just does its job. And this is where what I'm calling "accidental" magic comes in.

When your subconscious mind thinks—or rather *feels*—that something is a particular way, that something happened or is happening, or that some cause created some effect, it tends to just "make it so". It doesn't matter to it whether it's possible or not. It just does it. This "accidental" magic can be either good or bad. We may have deeply felt that something happened, is happening, or will happen. And then it does—just like magic.

Let me give you an example. A while back, I had a very small cyst under my skin near one of my elbows. It bothered me. At first, I picked at it, thinking it was a scab or bug bite. But it was clearly under the skin. I figured that if I didn't want it there, I would have to go to a skin doctor and have it removed. But I didn't want to go to a doctor (I don't typically go to doctors at all). So, I suppose I worried about it a bit, thinking I'd have to make that appointment at some point. A while later, I noticed that I had another small cyst that had developed on my other arm, near the elbow—in the exact opposite spot! I knew something was up, as this was a little bizarre. I decided I wasn't going to a skin doctor to get this taken care of. I would do it myself! I planned out what I was going to do. I would get a hold of a medical scalpel. I would carefully cut the skin and remove the cysts myself. I imagined very clearly how I would do this. But I was doubtful that I could actually bring myself to

do it. For a short span of time, I imagined it over and over, trying to "psyche" myself up to the task. I managed to get a medical scalpel. I sat it on a surface in my home office, near where I work. My confidence had increased. I had the scalpel now, and I was determined that I would remove these cysts on my own. I imagined it again very clearly. It feel real this time, like I was really going to go through with it.

As things turned out, I got busy for a few days and forgot to perform this little "self-operation". Then I saw the scalpel sitting there, and I remembered. I looked back at the cysts—well, I tried to—but they weren't there! Both of the small cysts were completely gone without a trace. I couldn't even find the exact spots where they were. There was no scar or mark—only clear, normal skin that looked as if nothing had ever been there. And I had never broken the medical seal on the little scalpel!

I chalk this experience up to accidental subconscious magic. On the one hand, I created a worse situation for myself, duplicating the problem by worrying about it. On the other hand, I eliminated the problem just by completely feeling that it would be done and gone. My explanation to this is that when I had the scalpel and had firmly decided I was going to go through with it, my subconscious mind thought that I actually *had* done it! And so it removed them—*somehow*.

Yes, both the negative and the positive results I had in this experience were *accidental*. That is, I didn't mean to work any magic in this situation. But I'm so used to practicing magic that my mind just did it, without my even trying to do anything. The best part about that whole experience is that I have been able to look at what happened and learn from it. And this is what I want to teach you. This is what will help you learn magic and then make it stronger and stronger. Since the time of the cysts disappearing, my confidence in my ability to create direct physical changes has increased. I have looked back at the way I accidentally did this—at how I felt when I did it—and I have been able to deliberately and directly make physical changes that are far more significant healings than this was.

Don't Give Up!

And so as you read this book, and as you dabble with the magic I teach you, *do not give up!* Take every result that you get, even the negative ones.

Failure only exists in your mind. What I'm saying is this: If you attempt some magic, and something negative happens, interpret that as a success. Don't beat yourself. Don't blame yourself. Don't feel any sense of failure. *Realize that you actually caused something to happen with your mind, with just your feelings! And that's magic!* If you are getting results, even poor ones, you are still getting results! Stick with it. Once you learn to work Mind Magic, you can improve it by cleaning up your feelings. I'll teach you how to do this later.

True, I could focus on cleaning up your feelings first, as many people do. I could write a whole book about how to release, fix, or change deep inner feelings. I've done this hundreds of times over, so I feel like I'm an expert on the topic. But that's not what this book is about. There are plenty of books out there on how to fix your feelings. You're reading this book so you can learn magic. So I'm going to get you practicing magic very quickly. You can work on modifying your feelings as you go along. If I told you that you had to fix all your feelings first, then this book wouldn't be a quick, easy, direct path to magic. Let's get to the magic. Let's get you comfortable practicing Mind Magic. Then let's work on the stuff stored in your subconscious.

That is the way I learned. I cannot tell you what a mess of clogged up feelings I was when I first started practicing magic. My first motivation to learn it was to clean up my life. At that time, so many things were broken in my life. I was quite lost, unhappy, and disappointed with my life—and had no idea which way to go to change things. I came across the "Law of Attraction" concept. I also delved into some magical practices. And I started changing things.

As I've mentioned before, for the first few years I was creating negative side-effects right and left. But I didn't give up. I evaluated what happened. I considered events that occurred as a successful creation of what was in my mind. And I realized that it was the things in my mind that were messed up—and they were just reflecting out into my life. Sometimes, I was able to create positive things. This kept me going.

If you are worried that by practicing magic you may cause bad things to happen, then I give you this advice: Start small. Work on small things. Work small magic. Don't rush into trying to make huge shifts in your life right off the bat. If you start small, you will increase your confidence. You will also discover things about yourself—and what your own mind is really thinking

and feeling. And you can work on those feelings as they come up. If you are afraid of making some big awful thing happen by accident, then just don't do big things yet. Small attempts can only result in small side-effects. Besides, the *fear* of bad things happening is the biggest cause of them anyway. More on this later.

I said earlier that I've spent 10 years practicing magic. This is true. I've also spent about the same amount of time cleaning up my subconscious mind. Changing my *feelings* has changed my life. More on that later as well.

Fast forward to today. I am now happier than I've ever been—and increasing all the time! Most days I live at a level of peace that many people don't *ever* experience. I have stellar health and physical strength. I look and feel far younger than I actually am. My marriage is in great condition. My relationships with my children are fantastic. I work from home, and I am successful at my work. I have plenty of money, including a nearly-million-dollar house. I have lots of free time. I am just generally happy and at ease. And *magic!* I have become quite good at it. I can dissolve stress with a few moments of thought. I can alter the outcome of situations. I can delete problems and injuries from existence. The list goes on. I use Mind Magic every day of my life to make it absolutely wonderful!

I'm not just trying to boast. The only reason it would be important for you to think highly of me is that it will increase your confidence in what I am teaching you. My point to all of this is to encourage you to put your effort into learning it. You *can* learn the Mind Magic I will teach you in this book. You *can* become amazingly powerful in magic! You *can* change your life, your circumstances, your feelings—everything! Keep going! *Never give up!*

In the next chapter, I'm going to give you my perspective of the history of magic in our world. And then I'm going to tie it all together. This is an important foundation before I teach you how to work magic yourself. You will see why.

3. Traditional Magic: A Brief History

The world is full of magic things, patiently waiting for our senses to grow sharper.

—W. B. Yeats

Discovery and Progress of Magic

Just a little disclaimer here: This is *my* perspective on the history of magic. I'm a science buff, not a history buff. So I'm only giving you the bits of information here that apply to the point I am making.

No one knows when magic was first discovered. I imagine that early humans figured it out by tracing cause and effect. They knew that what they thought in their minds could be a cause that created an effect, such as in the case of moving one's hands or one's eyes. By studying this repeatedly, and by recording and handing down the information they learned, I believe humans gained more and more knowledge of this law of cause and effect until they understood some basic principles of magic. Once someone figured out that you can influence things with your mind—by your thoughts and feelings—they could have continued that practice, learning on their own how to control that "magic" better and better.

Eventually, books were written. Magic books. Books that contained a vast array of knowledge of how real magic worked in the real world. Originally, of course, books were handwritten on papyrus—and before that, perhaps on stone.

Ancient Magical Arts—Egypt and Beyond

The Library of Alexandria in Ancient Egypt contained thousands of books. It was perhaps the largest library of the ancient world. The Egyptians were attempting to acquire all the book knowledge that they could from all over the world. It is no mere coincidence that we also have many stories from Ancient Egypt involving powerful forms of magic being worked. I believe they knew things—magical things. Quite possibly, they discovered more

powerful magic than we have today. And they wrote books about it.

The unfortunate event of the burning of the Library of Alexandria is a mournful story. Historians don't know exactly when it occurred, but it was roughly a couple thousand years ago. When that library was burned, much of the ancient knowledge recorded in those books was lost. And experts cannot determine if any significant fraction of the books was preserved anywhere else.

So we don't really know what knowledge they had. We don't know what magic they discovered and taught. We don't know what secrets they understood.

Egypt wasn't the only place. The Celtic people had their own magical practices. They eventually converted to Christianity, and much of their prior beliefs and customs were lost. What magic did they know and practice? We may never know.

There are similar stories in many cultures and countries. Various forms of magic have been developed all over the world since ancient times. Go to China. Go to India. Even go to South America. They all had magic anciently. In some of these places, much of it has carried through to the present day. Today, we have old stories of wizards working powerful magic, doing all sorts of crazy things. We do not really know how much of it was true or was based on some true story from the ancient past. We have but a suspicion that at least some of it might have been quite real.

Religion and Magic

Religion and magic are more closely related than you might think. I don't know of a religion, past or present, that doesn't involve magic in some form. People just might not realize that it does. Understand that I'm not here to argue for or against religion. You can have whatever belief you like about God, the Source, the Universe, the Spirit of God, or whatever name you apply to the universal Divine Power. You can learn and practice Mind Magic without it interfering with your religious beliefs or practices. That's all up to you.

I will say here, however, that I don't think religious people should be against magic. They don't have anything to be afraid of in it. Magic in and of itself is not evil in any way. In fact, I would say it is God's gift to us. We are

learning to use our mind in marvelous, miraculous ways to work good in the world. What could be better?

I make no judgment of religion in this book. I'm not trying to change your belief system about God, whatever that belief system may be. You don't have to adhere to any particular belief system in order to work powerful Mind Magic. You may have noticed that I use the term Universe to refer to the Divine Power. By doing this, I am not saying that I believe the Universe is God or that God is the Universe. I just find it to be a convenient "universal" term (pun intended). You may consider that the Divine Power (or Spirit of God) is ever-present, filling the whole Universe, and all things exist within it. The Universe is also ever-present and has all things existing within it. For simplicity's sake then (and to try to please everyone), I'll just call it the Universe.

As I was saying, religion and magic both go way back in history. For millennia, religion and magic went hand-in-hand. Magic was considered sacred knowledge—and secret knowledge. Anciently, most religions included magical practices. Later, there was a separation as major religions pulled away from practicing magic. In any case, we know that magic was learned and practiced anciently. Groups of people spent years, perhaps generations, learning the magic that they developed. They wrote it down. Later on, those books were often destroyed. There have been many cases of books being burned throughout the history of the world—and magic books have been a particular target for fire. I believe this was largely due to religion—perhaps because of a separation from magic or maybe because it was considered a threat. Whatever the belief was, at various times in history, some people took great offense at books and knowledge about magic—and they tried to destroy them. As a result, many of the ancient magical arts have been lost.

I would say that this is a sad truth, but I am not one to stick with negative emotions for any length of time. I believe everything happens for a reason. Perhaps it was the lack of this sacred/secret knowledge that has more recently given birth to a resurgence of magical arts. What was learned by humans once long ago can be learned again by a new generation. In recent years, new magical arts have been developing faster (I believe) than ever before in history. Of course, most of them don't call themselves "magic". But that is really what they are.

Morphic Fields

And this brings me to my next topic. How does any person or group develop a new magical art? It's simple, really. It has to do with two things: 1) the Quantum Observer Effect, and 2) the persistence of "universal memory".

We have already discussed the quantum observer effect. In a nutshell, this is basically seeing that something is a certain way. The power of this observance itself *tends to* make it actually be that way—whether it was or wasn't before it was observed. I say *tends to* because it's not a guarantee. It's an energy—like a pressure or force—that causes it to appear in the way it was observed. If that forces is sufficient enough, change will result.

And what do I mean by "universal memory"? I mean this: The Universe tends to "remember" things, especially things that happen over and over again. Just as your brain will rewire neurons when you make the same action over and over to improve the result of that action, so the whole Universe will improve the result of an action that is repeated over and over. Does this have a basis in science? Absolutely. Modern physics has found that particles that have been in contact with each other tend to "remember" each other, even when removed to great distances. This is what science now calls "quantum entanglement". I'm not making this up either.

Energy is connected together in an inexplicable fashion! When you learn something new, you make a new neural connection in your brain. That "aha" moment coincides with your brain rewiring its neurons to help you comprehend something that you didn't before. In the Universe, when a cause results in an effect using the energy of magic, it's almost like the Universe just "learned" something new. And just as your brain strengthens that connection the more times you use it, the Universe strengthens that connection the more times the same thing is done. This can make it easier and easier for a particular cause to result in a particular effect.

When a given set of causes and effects are created in the Universe, it *remembers* them. In fact, this whole set of similar causes and effects can be grouped together into an energy field that seems to persist in the Universe. That is, it stays there even when people aren't using it. This energy field is called a "morphic field". This name implies that the Universe has a set of *stored knowledge* about how certain causes should create certain effects. The original power behind the cause that created the effect may have been based

in the quantum observer effect, as I have described. When that cause and effect is repeated over and over, it creates what I'll call a "rule" in the Universe. It simply says: If this happens, then do this. A whole set of these rules could be considered a universal "rulebook". A *morphic field* is that rulebook. And Mind Magic is a morphic field.

Let's put this a different way. You know how to ride a bicycle. When you first learned it, your brain developed many neural pathways to help you accomplish what you demanded (to ride the bike). These neural pathways are like little "rules" in your brain. There are rules for balancing, turning, stopping, and so on. This set of rules is grouped together in your brain as "riding a bike". Before this, as a child, you may have learned to ride a tricycle. Your brain created a bunch of "rules" for how to ride that tricycle. Later on, you may learn to ride a unicycle, and your brain will have to create new "rules" for that. You may learn to ride a dirt bike, motorcycle, or ATV, and it will learn the "rules" for all of these. It will group these "rules" all together in one rulebook in your brain because they are similar. Many of the neural pathways for one are similar to the pathways of the other. So, in some complicated manner that we don't understand, your brain builds all these pathways to make them as easy as possible to use.

Even when you aren't on a bicycle, your brain still knows how to ride one. You learned it, and the rules are still there. The moment you get back on a bicycle to ride it, the knowledge of how to do so comes to the surface. It would be the same with a tricycle, motorcycle, or similar type of vehicle. With a morphic field, it's like the Universe learned the "rules" of how certain things were done, and it just stored that information in the background. A whole set of rules for similar things was created and stored together. As with your brain, even if these rules aren't being used at the present, the moment they are needed again, they come to the surface. I'm describing a *morphic field*. It's simply there when you need it.

One example of such a morphic field is Reiki. Reiki is a hands-on healing modality that was developed in the last hundred years. It didn't exist before that. One person created it. They used their hands to heal people. The quantum observer effect allowed for the desired cause and effect to occur. Repeating it over and over again created a "rule". The creator of Reiki then shared this skill with others. Now, a great many people all over the world use Reiki as a method of healing others with their hands. The morphic field

surrounding Reiki has grown stronger and stronger. It's like the Universe's neural pathways for this field have become well-established. The average person can now learn Reiki from books, online videos, or in-person classes. And when they go to tap into that energy, it's there! It's like someone else learned how to ride a bike for them. Now how cool is that?

The Rules of Magic

This brings me to my next point—explaining the rules of magic to you. It's actually quite simple: There are no set rules!

I'm not going to tell you that the great secret to magic is that there is no secret. But, once you know how to work magic, it is just as simple as doing it. The secrets of magic lie in learning how to utilize the energy of the Universe to cause an effect, not in learning how to follow a bunch of rules. There really aren't any rules to magic.

I know I just talked about "rules" in the last section. So that I don't confuse you here, let me explain: At first, there *weren't* any rules. Then, people *made up* the rules. Take the Reiki example. The guy that developed Reiki didn't discover it. He didn't discover some secret way to heal people with your hands. He didn't come stumble across a secret method that if you do things in such-and-such a fashion, magic will result. No. *He made it up.* He just did it. He decided what the rules were going to be, and then he started working within them. And that alone is, perhaps, a great secret of magic.

The various modalities of healing, protecting, creating, and manipulating reality using all forms of magical arts were *all*, at some point, made up. For those practicing them, they seem to have their own real substance—a given set of rules, how to perform certain actions, the results that come from those actions. But that's because they've tapped into an existing morphic field of energy. Those rules may well exist *within that morphic field*. But that's because someone (or many someones) put them there. People made up the rules and now they're there. And those rules may be very real indeed! How is this possible? It has to do with the power of our subconscious minds, which I will explain in the next chapter.

Why I Don't Use Traditional Magic (Much)

So, tapping into a given set of "rules" in the Universe—a morphic field—can be very powerful indeed. Doesn't it follow then that the easiest way to work magic would be to connect with one or more of these existing fields of energy? Not necessarily. I'll give you my reasons…

First of all, while a morphic field can be strengthened over time as more and more people connect with it and use it, it can also become more convoluted over time. People start using it for things it wasn't meant for. Or they change the way they do something within that morphic field. Like your brain, the Universe isn't static. Morphic fields change virtually every time they are used just as your brain changes a little every time you use it. And so, while I have learned some of the more recent magical modalities, I tend to create my own way to do things. One reason for this is that I am often working on making very specific changes in my own life. I may have some magic I wish to "do" that doesn't fall into any of the modalities that I know. Or, I may think that others who have done similar things wouldn't have done them in the same way I want it done. So I come up with a way to work the magic I desire. I find this to be "cleaner", more direct, and to the point of what is desired. And I don't have the feelings and thoughts of a thousand other people to be concerned about. So, yes, I create my own "rules". Admittedly, the pathways in the Universe that I create are often borrowing from the ideas of many other modalities. But by creating a new pathway of cause and effect, and by doing it repeatedly, I create a new "rule".

A second reason that I tend to not use existing modalities (morphic fields) is that I'm an unusual student. I have an outstanding attention to detail, and I tend to question everything. When I was in high school, I took a calculus course at a local college—and I was the kid that corrected the instructor when she made calculation mistakes on the chalkboard. So, when I use some form of magic and I find it doesn't have the effect I desired, I question it. I analyze it. I look at it in detail. Then I either abandon it or I find some way to tweak it to make it work for me. My "tweaks" often deviate from the rules of the morphic field I am working in, resulting in a new "rule" created just for me.

Thirdly, I tend to avoid using traditional modalities of magic because of what they consist of, either in their methods or their rules. Traditional magic involves a variety of older modalities, some supposedly dating back thousands of years. These methods could have contained some new-so-pretty things. The world was a different place when they were created. As a result,

tapping into these older forms of magic could result in some not-so-desirable effects. Safety and protection are important factors to me. I also value life very highly—especially human life. Some of the old traditional magic goes against my own personal values. Since it's tremendously important to me to have clean results (without weird side effects), I avoid working magic that has conflicting energy involved. Strong conflicting energy fields can create bizarre side effects—or just weird results altogether. Yes, I know this from experience as well.

And the final reason that I don't use traditional magic is due to its "overhead". Long and complicated spells just aren't my thing. Having to wash certain ways, cast a complicated circle using salt and candles, or wait for a clear sky on a full moon are honestly too much work for me. Yes, I've tried them. No, I didn't get the best results. In the name of getting the "best bang for the buck", why spend lots of time and energy for crappy results? This is why I've created my own methods for working magic that only take a little time and a little effort—and I've found them to be much more effective!

Magic now comes quite easily for me. I'm sure by now I have my own morphic field that surrounds me. I have my own set of rules—my personal magical rulebook. Until now, this rulebook has only belonged to me. And now I'm sharing that with you. The book you are reading is the first time I'm sharing my methods with the world. So let's get to the details!

4. Your Mind: Where Magic Happens

The subconscious mind can not tell the difference between what's real and what's imagined.

—Bob Proctor

Your Subconscious Mind

Your mind has two main "layers" or "realms": your conscious mind and your subconscious mind. While the conscious mind is that part of your mind that you are aware of (you are conscious of it), the subconscious mind is the part you are typically less aware of—often completely unaware of. The subconscious is where your memories are stored. It's where your feelings come from. And some say it is thousands of times more powerful than your conscious mind.

Thought is a powerful thing. Thoughts produce real energies that emit from your brain. With sensitive equipment, this energy can be measured. Recently, scientists have been doing just that—measuring thoughts with scientific instruments. In some cases, they are even trying to decipher those thoughts.

Feelings are far more powerful. They are often what is *underneath* your thoughts. They are generally the fuel that powers thought. It's hard to say what percentage of your thoughts completely originate from your feelings. Do a little self-reflecting about your own thoughts, and you may find that a good number of them came from your feelings. These are ideas, feelings, memories stored in your subconscious that get fed back to your conscious mind. Sometimes thoughts feed in from the subconscious to the conscious continually. This often happens when we have very strong feelings stored up. These can be good or bad. The subconscious will bring them to your attention (to your conscious mind) over and over again. It does this so that you can deal with and process these feelings.

The subconscious can store extremely specific feelings, and it can store nearly every feeling you have. This can be both good and bad. Trauma (either emotional or physical) is stored in the subconscious mind. It may bring it up

to the conscious mind repeatedly. But the conscious mind may not want to deal with it (often because it's too painful), and so it shoves it back down. The subconscious brings it back up again. It wants the conscious mind to deal with it so that it doesn't continue to cause pain. You see, our brain is wired to protect us and improve our lives—and getting rid of pain is one of the things it tries to do. When the conscious mind keeps shoving back down some painful experience, the subconscious may decide to just store it there and not bring it up again. But the feelings from that experience are still there. And the feelings associated with that pain can still be the source of thoughts, even though the conscious no longer recognizes where they came from. This is how trauma, particularly emotional trauma, can affect people's lives so much without their even realizing it.

Later in this book, I will direct you to some tools that can help you remove negative feelings from your subconscious mind (including trauma) so that they don't have any power over you—or your magic—any more. For now, let's delve deeper into the power of the subconscious.

Feelings can be ultra-specific. You may have a feeling stored in your subconscious of exactly what it feels like to eat a certain kind of chips while sitting a certain way on a certain couch watching a certain show. Take a moment to think of such an example in your own life. Close your eyes and picture it. At first, it may just be a thought—a memory. Now step into that picture as if you were there *now*, experiencing that same thing that you have experienced before. See it from the perspective of being *inside* the picture. Can you feel it? Can you see how there is an exact feeling you have had that pertains to that exact situation? That is the power of your subconscious mind.

There's a huge difference between thinking something—just plain old thinking—and *feeling* it! Let me give you an example that may not be so positive but will serve the purpose for this illustration. Picture yourself in fifth grade, sitting at your desk in school. A piece of paper is in front of you and a pencil is in your hand. You are trying to work out a long division problem. You've already learned how to do it, but in this memory, you have to actually do the work on paper. Now, step into yourself as that fifth grader. See your pencil in your hand. Look down at the paper on your desk. Feel what it was like to be in that situation. Feel what it was like to actually do the long division in your head and work out the answer on the paper. Do you remember the specific feeling of doing that?

Our subconscious minds are so powerful to be able to both have such incredibly-specific feelings and to store such a vast number of them. Do you see the difference behind simply thinking of long division and feeling what it was like to actually do the long division? The thinking part, for many people, will be a simple negative thought—something like "ew!" The feeling part, however, may bring up for some people terrible nights of homework, maybe hours that they spent racking their brains, maybe fits they threw at their parents about how stupid they thought it was that they needed to learn long division when we have calculators that can do it. This difference between thought and feeling is representative of the difference between the power of our conscious and our subconscious minds.

Learning to use the power of your subconscious mind is the key to becoming good at working magic. As I have stated before, I believe the reason that magic works at all is due to the power behind the quantum observer effect. This effect is driven by how something is "observed". We observe things with our eyes, but the things we see with our eyes alone don't typically result in any noticeable change in what we are looking at. If we see things (observe) with our thoughts—or our minds' eye—then we may notice changes that result. If we observe with our *feelings*, the results we notice can be far more dramatic. Things can change before our very eyes—literally. It wasn't our eyes that did it—or even necessarily our thoughts. It was our *feelings*. Feelings are so much more powerful. More on this later.

Your Conscious Mind

Your conscious mind, as I have said and as you probably already know, is where your awareness is. It's where logic lives and thrives. It's where a lot of knowledge and information is stored. It's where you do a lot of your conscious mental processing. And it's also where you learn. Once you learn something, you've created a neural pathway in your brain. Learn a new math skill, and you've learned it with your logical, conscious mind. Use that math skill over and over again, and it will sink into your subconscious mind. Drive a certain path to get from point A to point B. The first time you drive it, you may have to pay great attention to the streets, the turns, the stoplights, whatever. Drive it over and over again, and it will sink into your subconscious. Then you no longer need to think about it. It becomes

automatic. So, the conscious mind can be the initiator of changes in the subconscious.

It is no different for magic. You learn it with your conscious mind. Although the power of it will come from your subconscious, you will learn *how* to work magic with your conscious mind. Practice it over and over again and *how it is done* may sink into your subconscious.

I don't want to underestimate the power of your conscious mind. It *is* very powerful. You can use your conscious mind to think over a situation, to make a decision, and then to act upon that decision. If you have trouble getting yourself to act upon a decision, it could be that your subconscious mind is preventing you for some reason that you're not aware of yet. Continuing to insist that you have made that decision will eventually cause your subconscious to give up and allow you to proceed with the decision.

Often your conscious mind and your subconscious mind can be against each other over certain things. The conscious mind wants one thing. The subconscious, based on some bad memory or feeling perhaps, is against it. The conscious mind may fight and fight all it wants, but unless the subconscious mind can be convinced to let go of the negative memory or feeling, it will almost always win. This is why it's important to clean out your subconscious mind of any old unwanted "programming" that's still running. I told you earlier that I've been working on cleaning up my subconscious mind for about as long as I've been learning magic. It will only benefit you to do the same. As you read this book and you begin to practice magic, I suggest that you use some methods to start cleaning up your brain. I point you to some tools for doing this in chapter 20. Now, if you struggle with a lot of negative thoughts, don't despair! You don't have to clean your mind up all at once! It can be a work in progress. Relax and just work on it. Life is about learning, after all. Practicing magic is about making life better and better—or about achieving certain specific goals—not about fixing everything at once in the blink of an eye. Once you get magic to start working for you, you'll be motivated to make it better and better. At the end of this book, I'll leave you pointed in the right direction to continue to improve your life by leaps and bounds.

If you find that there is a lot of battling going on in your own mind, there are also tools for helping you get your conscious and subconscious minds to be in sync. Learn to do this, and you will reap the fantastic benefits of true

mind power, not to mention acquiring great inner peace. There are even technological brain tricks that can help resolve differences between the two major realms of your brain. Later on in the book, I will direct you to some great tools for this as well.

Skepticism - A Learned Problem

Skepticism is learned in our culture. *Not* believing in things in unconsciously taught by parents, schools, churches, and in the media. Children come into this world seeing things as magical, wonderful, amazing. Then we, as a culture, teach them that the world is drab and factual and difficult—practically anything but magical. So children learn to be disappointed in life as they grow up. The fantasy world they saw as a child was just a fantasy. Now they see the world for what it really is—or so they think.

What if the world *really is magical?* What if we've just been taught that it isn't? What if science and medicine are poisoning the minds of people everywhere by telling them that life is just a series of molecules and atoms moving along according to the laws of science? What if life is *so much more* than that? Doesn't the very thought that magic *could be* real cause something to flutter in your chest? As a child, didn't you always think it *should be* real? Maybe you even knew it *was* real—and then you unlearned that as you grew up.

If you really want to learn magic, you're going to have to overcome the skepticism that our culture has taught you. We are all trained to be skeptics. "Come on, Susie, that didn't really happen." "Oh, Bobby is just seeing things again." "Sweetheart, you have *such* an imagination." And these things are said to discourage the imagination—the child's world where anything can happen! This type of speech, sometimes coupled with a correction, programs a child—and not in a good way. They learn that things aren't really what they imagine them to be. They are taught that their imaginary world is foolish or silly. They learn that the real world is this drab and boring place that their parents see it as. And eventually that becomes true for the child, too.

What if I told you that the wild world of your childhood imagination *could be* real to you? Wouldn't that stir up some excitement in you? If you want to be good at magic, learn to use your imagination again—like you did

when you were a child. If you want to be *great* at magic, let your imagination run wild!

As a little boy, I had an imaginative world that I often disappeared into. In that world, I imagined that I had this crazy-awesome technology that protected me no matter what. It was a shield that covered over my entire body, hovering just a fraction of an inch over my skin. It was super-powerful, and nothing could get through it. I felt that it was there. I *knew* it was there. *And I knew I was protected no matter what*.

Interestingly, I was a kid that never got any serious injury. I did crazy things like climbing chain link fences, jumping from rooftops, hitting poorly-designed ramps at high speeds on a bicycle. But I was never badly hurt. I never went to the hospital. Never had a broken bone. Never even went to a doctor for any kind of injury—all my life to the present day. It wasn't until I learned magic as an adult that I looked back at my childhood and realized that my imagination wasn't just my imagination.

Imagine the possibilities! Yes, perhaps they really are limitless.

One more thing I must say about skepticism before we move on: As you learn magic—as you practice the methods I teach you in this book—be aware of your own inner skepticism. You may use one of the methods, and see some cool results. And then you may find yourself doubting. "Maybe it was just a coincidence. Or maybe I just imagined it." Don't be surprised at these feelings. I'm almost sure you will have them because we all do as we learn how powerful we really are. The skepticism that has been so vigorously drilled into you comes out. It will try to discount your power. Don't let it. Accept that you worked some magic, whether big or small, and move on. Keep going with it. Those feelings of doubt will fade away as you persist. You can get to the point where you have no doubt, and you will *know* that you can work awesome magic with only your mind.

Faith vs. Knowledge

We hear the message of "believe" all the time. "Just have faith," people say. This message is recently becoming more and more prominent in movies and other media. And truly, I love that message. On the surface, it's great. Believing in things is a really great start. It sets the mind up for something to change, something different, perhaps something dramatic. And sometimes

that alone works for people. They believe something can happen, they put their faith into it, and it happens. I think belief does have a certain power to influence things. So you won't hear me preaching against belief.

However, if you really want to work *magic*, you've got to move way beyond faith and belief. Remember, scientifically, the quantum observer effect is the power behind using unseen energy to magically change things. And the quantum observer effect doesn't necessarily kick in if you simply believe in something. What I'm saying is that believing in it—even with all your heart—isn't enough for this law of the Universe to actually kick in and cause powerful energy to flow. No! You've got to *know* it! What do I mean by that? Think about it. Your subconscious mind holds a wealth of memories, feelings, and memories of feelings. It *knows* those feelings were real. It is past experience. We accept the past as unquestioningly real because we know we can't change it. It already is. Or was. And so the subconscious mind has *no doubt* there. It *knows*. Now, don't misunderstand me. This doesn't mean that the thing we experienced was true or not. Truth is another matter altogether. The subconscious doesn't care if a feeling or experience is true or not. It just knows the way it feels to you. It's *your* truth.

Let me give you an example. Someone you love may have hurt you in the past. You *know* they hurt you. But that's only *your* truth. They may have no idea they hurt you. So that isn't true to them. But you *know* it, and so your subconscious mind creates and sustains feelings about that memory and that person. These feelings, to some degree, create your reality around that particular relationship. What I'm saying is that it doesn't matter (to your brain) if you interpret something as it truly is or not. What matters is that your subconscious mind *believes* it to be true. Then it simply is. To you, it's unquestionably true. It's in the past and the past can't be changed. Therefore, it must be true. And that is more powerful than you have any idea!

Convince yourself that something really is absolutely true beyond any shadow of doubt, and you have moved beyond faith and belief into *knowledge*. And that knowledge is *crazily powerful*. How do we get there? It's not by using our conscious minds alone. Sure, the conscious mind can learn something new. It gains knowledge. And the subconscious digests it as true. Once upon a time, you learned that 2 + 2 = 4, then that 7 + 3 = 10, and so on. Once you understood it, your conscious mind unquestionably knew this to be true. And your subconscious said something like, "Yes. This is

absolutely true. This logic is true and cannot be changed. I will store this as a feeling, a memory, an understanding that this is true." Forever after, no one can convince us that 2 + 2 doesn't equal 4. The subconscious does the same thing with things that aren't necessarily true. For example, the conscious says: "So-and-so hurt me. I loved them, and they hurt me. This pain is real. I know it is real." Then the subconscious says: "Yes. This is absolutely true. This pain is real and true and cannot be changed. I will store this as a feeling, a memory, an understanding that this is true." And then no one can convince you that so-and-so didn't really hurt you. It doesn't matter whether you perceived it correctly or not. Your subconscious mind now *knows* it. And that's that. Again, I will point you to some tools later on that will allow you to decondition your subconscious mind in areas like this so that you can be free from that pain. This will enable you to work magic more efficiently.

But back to *knowing*… You have to get to *knowing* in order to kick the quantum observer effect into high gear. With any given situation that we experience or perceive, the conscious mind tries to analyze the situation using logic, our basic understand of cause and effect, and our existing knowledge. The subconscious throws in feelings we have from the past that surrounded similar circumstances. And sometimes we just can't see how we could possibly interpret a situation that appears right before our eyes in a way that is the opposite of what we see plainly before us. So how do you get past the belief that something you are perceiving is completely different from what you see? You do it with your subconscious mind. In other words, you do it with your feelings. You don't just believe with your alert conscious mind. "I believe this could be different. I believe this could be—" (fill in the blank). Then the Universe just says, "Okay, this *could be* different. Sure. That's a possibility." And nothing substantial happens to change it.

Why not? Because belief is just a belief in a possibility. Faith is just a faith that something *could be*. When belief and faith turn into an awareness that something *already is*, then you have moved into knowledge. Belief in your conscious awareness is a good start, as I've said. But you need to get your subconscious mind to believe it—*for what it believes, it knows to be true*. And how do you get your subconscious mind to believe it? You *feel* it. Feelings are the language of the subconscious mind. I cannot emphasize this enough. It's your *feelings* that create, generally speaking. No, you can't get your conscious, aware, alert mind to see that a circumstance in front of you is

the opposite of what you see. But you can get your subconscious mind to *feel* that it is. Think about it. If you can learn to control your feelings, you can *choose to feel* any way that you like. And if you can convince your subconscious mind that the way you feel is actually true—that is, that things really are that way and that's why you feel as you do—then the subconscious mind says, "Yes. This is absolutely true. This situation is— (fill in the blank). I will store this as a feeling, a memory, an understanding that this is true." And that's when the magic happens. It's when you *know it*. And you truly *feel that you know it*. And then… *Bam!*

How It Works

I've already explained to you how the quantum observer effect works as the unseen power (or law) behind magic. But how do we engage that law by using our brains? We use the power of our *feelings* to *know* that something is a certain way. This is subconscious. Sure, it is our conscious minds that are deliberately directing how we feel. To work magic, you consciously choose to see things a certain way. Then you engage the subconscious by feeling that you know it is so. It is when that feeling becomes certain—it is when that knowledge is actually digested by your subconscious mind because you convinced it to so do—that the quantum observer effect causes the unseen magical energy to flow. And this, this is how we engage that powerful, awesome, magical law of the Universe.

Your subconscious mind is inexplicably connected with the Universe as a whole. And as a result, that which the subconscious sees and knows to be true engages that beautiful universal law. Our bodies can manipulate the physical, material world around us. We can move objects. We can change things. We act within the physical laws of the Universe, and we work with the observable, measurable physical energy that is all around us. Our body is a part of the whole material matter of the Universe. In a similar way, our minds, which are unseen, can act within the laws that govern the unseen energy of the Universe. They work with the spiritual energy that is all around us—an energy that can't really be measured. It is as if, somewhere deep within yourself, you are one with the Universe. And that union enables you to manipulate universal energy in agreement with universal law.

Consider the law of gravity. One object automatically and irresistibly

produces gravity. Gravity is an unseen force that attracts objects together. All objects produce gravity to some degree. It is tiny and unnoticeable—unless a large amount of "stuff" is together in one place, such as with a moon or a planet. Then it is seen to be a very powerful force indeed. We can't really explain why this force is there. It just is. And without it, nothing would really exist as it does.

So it is with the quantum observer effect. You see things to be a certain way. You can be a casual observer, just noticing whatever might come your way to notice. In this case, the tiny bit of observance that you throw out there is unnoticeable. That is, it seems to have no effect on the things you are observing. All beings observe things. And so all beings produce this effect to some degree. Generally, it is very small and not detectable. When a large amount of energy is thrown into that observance, however, the effect can be plainly seen. Anyone who has dealt with emotional trauma in a person can see that the person with the trauma is affecting their reality in powerful ways. It's their subconscious beliefs that are doing it. Those beliefs are powerful. In the same way, making a conscious choice about what you are observing, and throwing a concentrated amount of feeling/thought energy into that observance, can cause the effects to be plainly seen.

Why It Works

I would love to be able to tell you why magic is real. I would love to be able to say why the quantum observer effect exists. But I don't truly know. I can no more easily tell you why gravity exists. I will, however, give you my perspective on why I believe it is. It is the same reason for both forces.

Let's line it up. If gravity didn't exist, then stars wouldn't exist, as there would be no gravity to hold them together. Planets wouldn't exist either. And even if they did, there would be no star for them to go around. Matter would just be everywhere, and there would be nothing to guide it or cause it to move or change. The whole Universe would just be a soup of matter and energy in some unknown chaotic blob. And life wouldn't have ever existed. Not a great thought, I know.

But it's not that way! Gravity does exist, and as a result the Universe is a highly-organized, incredibly complex structure of moving and changing matter and energy at many different levels, from exceedingly large to

exceedingly small.

In similar fashion, the quantum observer effect is an unseen force caused by observation, be it conscious or unconscious, large or small. I believe this observation is the root cause of all creation. I don't know what your belief about creation is. Some believe that the entire Universe came out of the mind or thoughts of God. Perhaps it did. We do not know. And for practical purposes here, we don't need to know. The fact is, it exists. Life exists. You and I both exist. And some creative force (or many creative forces) caused just the right changes to occur in order to make that happen.

Let's take this even further. Take a look around you. Unless you are out in the middle of the woods, most likely everything you see was created by humans, more or less. People made stuff. And how did they do it? First, they thought it up. I guarantee you that none of the stuff you see came about without first being thoroughly thought out in someone's mind (or many people's minds). You may be reading this book on an electronic handheld device, or you may be reading a paper copy of it. Either way, the object you are holding in your hands is the result of a long series of carefully worked-out thoughts. It's thought that's behind it all. I'd even say feeling is behind that thought. If someone didn't consider what it would *feel* like to have an electronic device that could display pages of a book—or to have perfectly white paper with clear printing on it—it wouldn't have been carefully thought out to begin with. People first observed in their minds how they wanted something to be, and then they created it.

And so my argument is the same as with gravity. Why does the quantum observer effect work? Because if it didn't, life wouldn't exist as we know it—and maybe not at all. There would be no created things, no progress, nothing of any real significance. Imagine if all the Universe was just the result of cause and effect without any thought involved in it. It would be disorganized chaos. Again, not a pretty thought.

The good news is that it does work! And because everything around you has been created—things which at some point in the past it didn't exist—it follows that much more is yet to come that hasn't been created yet. And what gets created in the future will be the result of people feeling that they would like something new, then imagining what that would really be like, then thinking out in detail how to create that, and then finally creating it. The same is true in the happenings of each individual life. What you create with your

feelings and your thoughts eventually tends to come about. So use your mind to decide what you would like to create in your life! The best is yet to come.

Keep It To Yourself

In the next chapter, we'll get into the meat of how to actually work magic in practical ways. But before we do so, I have one more caution to give you: *Keep it to yourself!*

By this, I mean don't go blabbing to everyone about the new cool stuff you can do. Remember, people are generally skeptical. Most don't believe in real magic. And you are likely to be mocked, even by close friends or loved ones. But surely you can tell your closest loved ones? I counsel you not to do it. Keep your magic to yourself. Why? Because no one exists in isolation. We are all interconnected, especially with those that we are closest to. So if you put your magic out there in the open, it may become subject to the observance of those that you reveal it to. And yes, the quantum observer effect is not limited to just you. *Their* observance may affect what *you* can do. So don't tell people what you're working on. Don't tell them you did magic on such-and-such circumstance, and so it's going to change. You may thwart your magic right there in that moment. You may even find that your own doubt creeps in just after you say it. Instead, get good at magic first. Limit what you tell loved ones to those things that have already been accomplished. Once it's done and in the past, it's safer to reveal it. Once you have already changed something, you're certain that it is the new way, and it actually is the new way in reality, then you can tell people—as long as telling them doesn't make you worry that it will go back to the way it was. This is a lesson I've had to learn first hand. Worry that something will return to a previous state is probably rooted in that skepticism I was explaining earlier this chapter. That worry is a feeling. It may be a strong feeling. And strong feelings have power to create change. So don't worry!

Once you are really good at magic, you can tell people that you are working on magic for something. But you first need to get to the point where 1) their thoughts and feelings won't throw off what you're doing and 2) your act of telling them won't throw off what you're doing. There are more advanced magical techniques where you can block the energy of others from affecting your magic. Perhaps I will share these techniques in a future book.

Another aspect of keeping your magic to yourself is pride. There is no reason to gloat over what wonderful magic you have done. Sure, you should be proud of yourself for your successes, but you don't need to use them to put yourself up in the eyes of others. Don't care so much what others think of you. Your magic will thrive and grow much better if you keep it secret. Now, you don't have to keep secret that you are studying magic (although with some people, that may be a good idea). Just keep secret the things you are working on with magic until you have accomplished them. As you learn and get good at working magic, you will probably find that you don't need others to look at you highly any more. Your security within yourself will increase, and your need for approval from others will decrease. You will be happy within yourself that you can work wonderful and marvelous feats using this powerful universal energy. And it won't matter so much if anyone else knows it.

I do healings for my family whenever the need arises, but I don't gloat over it. Often I will heal one of my children, and they won't even realize that I did something. They will forget about the injury and just go on. I don't go back and say, "Hey, remember that time when you got hurt? Well, I used magic to heal you then." No. It's better to just forget about it and go on. Just give thanks in your own heart and stay silent. This will make your magic grow stronger. Besides, forgetting that there ever was a problem helps ensure that it will never return.

So please listen to this counsel. It will fare better for you if you do. Now… are you ready for the details?

PART II: WORKING MIND MAGIC

5. The Details: How to Work Magic

Reality is merely an illusion, albeit a very persistent one.
—Albert Einstein

Feeling It

As I have mentioned, it's your *feelings* that create. It bears repeating. *Feel* that something is so. Feel it strongly. Convince yourself that those feelings are real, now. This will allow your subconscious mind to digest it. Your subconscious will *know* it. And once it knows it, the subconscious will work it's amazing magic.

When it comes down to it, it's really your feelings that create your reality —not so much your thoughts. Learn to control your feelings. This is so important! Control your feelings, and you will control your life. The more control you gain over your own feelings, the more control you gain over your whole life. Yes, control your own feelings perfectly, and you will have an astounding amount of control over your own life! I really can't emphasize this enough.

Many people will assert that they cannot control their own feelings. So-and-so *made* them feel a certain way. They couldn't help it. It may be that you believe this as well. If so, I don't blame you for this belief. It is a common viewpoint. But I do want to dispel this belief. First, let me explain to you why it is so easy to believe this.

Remember that barrier I described between the subconscious mind and the conscious mind? We all have a barrier in our brains that protects us from directly influencing our subconscious mind. It's really there for our own good. There are a lot of things that the subconscious mind does which are necessary for our existence and survival—such as automatically making us breathe and keeping our hearts beating. But consider: the subconscious mind is where our feelings (and memories of feelings) are stored. And the fact that it's difficult to influence the subconscious would explain why it is so commonly believed that we can't control our own feelings. The reality is, we *can* control our own feelings. And the sooner you learn to do so, the faster

your ability to work amazing magic will grow.

Understanding it is key. If you can understand that your subconscious mind is trying to protect you by telling you that you can't directly control your feelings any more than you can directly control your heartbeat, then you are already a step ahead of everyone else. You can see then that your subconscious mind wants to tell you how to feel based on all your past reservoir of stored memories. It remembers how thousands—perhaps millions—or specific circumstances felt to you in the past. And it uses that knowledge to guide how you feel right now in your present circumstances. Every time something happens—large or small events—your subconscious mind looks for similar experiences from the past, brings up the feelings, and influences how you feel at present. And, believe it or not, those feelings are influencing your present circumstances just as your present circumstances are influencing your feelings. It's like a cycle of cause and effect, cause and effect—on and on.

If you can break this cycle of cause and effect that is automatically occurring without your awareness, then you can deliberately influence what actually happens in your life. You can break it by deciding *how* you will feel. Yes, I'm talking about using your conscious mind to influence your feelings rather than "letting yourself" feel as you do by default. That "letting yourself" and those default feelings are coming from your subconscious mind. Again, I will say it: Control your feelings and you will control your life.

How do you learn to actually control your feelings? It's simple. You already know how. And sometimes you may do it without even knowing it. The first step is becoming aware of your feelings. The second is deliberately interrupting those "automatic" feelings and choosing to change them to something else. Give it a try. There's nothing you need to learn before you can do this. Just decide. It's really that simple.

I doubt that a day goes by that something doesn't come up in your life that creates strong feelings in you. So you continually have opportunities to learn to control your feelings. The next time something happens that elicits strong feelings in you, become aware of it. Pause and consider how you are feeling. Then ask yourself if you could choose to feel differently. Just ask yourself if you possibly could feel differently than the default feeling that comes up. I think you will find that you can. Perhaps it will take some effort. In some cases, it may take a lot of effort. But aren't you worth the effort?

Isn't your life worth the effort to make it better? So give it a try!

Exercise 1: Control Your Feelings

Become aware of how your subconscious mind automatically influences your feelings in a variety of circumstances. See how feelings pop into your mind based on what happens—or what you observe to be happening. If you need to, read this section again to get a better understanding of this process. Now, the next time you notice any circumstance causing feelings to automatically pop up within yourself, pause. Take a look at how you are feeling. Ask yourself questions to see if you could choose to feel differently. Then make a choice about how you will feel. Let your conscious mind decide how you will feel. Then feel that way. You may feel like you have to force yourself to feel that way. Do it anyway. Your subconscious mind may be screaming at you to feel the way it wants you to feel. Ignore it. Press on in your decision to feel the way you have chosen to feel. You don't have to do this perfectly at first. It's okay if you only partially succeed. Just do your best with it.

Congratulations! You've just taken a major step toward being a wizard!

Eliminate Doubt and Fear

I believe that doubt and fear are your two biggest obstacles to working magic successfully. You must learn to eliminate them. No, I don't expect you to do this all at once. That's not necessary. If you've never touched a basketball before, I don't expect you to start shooting 3-pointers today. But still, you need to work at it. Get comfortable with how the ball feels in your hands. Learn to throw it. Learn to dribble. In the same way, work on eliminating these two major obstacles to your own inner power.

Doubt is a common enemy. We already discussed skepticism at length. Doubt is the best friend of skepticism. If not only destroys faith and belief (or at least makes them very difficult to maintain), it makes it practically impossible to have knowledge. Solid knowledge is amazingly powerful when it comes to observing reality to be a certain way. And how can you *know* something if you doubt? Doubt brings knowledge down to the level of wavering faith or scanty belief—and no one moves mountains with that.

To eliminate doubt, start small. Begin to believe—a little here, a little

there. And *feel* that belief. Use Mind Magic in small ways, and use every success, no matter how tiny, to weed doubt out of your mind. It may take some time. That's okay. Life gives us time to learn. As you remove doubt from your mind, from your feelings, you will become more and more powerful in the realm of magic.

Fear is another terrible enemy. It feeds off of itself. Often the fear of something is worse than the thing itself would be. Fear can keep you frozen, unable to progress. All humans have fear to some degree or another. It's only natural. And some of those fears may be for our actual protection. But most are not. Most of them are just worthless baggage that will only hold us down. Learn to let go of your fears. Step out. Be bold. You are more powerful than you know. And as you overcome fear, your power will grow abundantly. Remove both doubt and fear, and nothing will hold you back!

If you have difficulty with fear and you don't know how to remove it from your mind, please see chapter 20 for some tools that may help you. Hypnosis, emotional releasing techniques, and other brain tools can help to reduce and eliminate fear from your subconscious mind.

If you have a lot of doubt and/or fear, do not worry! I still have some doubts and fears. Who doesn't? I am always improving myself, always working on eliminating doubt and fear. As a result, I am always increasing my power. Show me someone who has removed *all* doubt and fear from their minds, and I will show you someone who is crazily powerful, who can bend reality at will.

Exercise 2: Become Aware of Doubt and Fear

Again, awareness is the first step in changing something within yourself. So become aware of your own doubts and fears that might interfere with what you desire in life. Try this: Take a few moments to think of something you intensely desire. Perhaps it's a possession, a job, financial freedom, a new love, or something else. Visualize it clearly in your mind. Imagine yourself in the situation that you desire. Become aware of how you feel about it. Now step into that image of yourself and see it from the perspective of being inside that vision. Got it? Again, be aware of how you are feeling. Do any thoughts or feelings pop into your mind that have doubt or fear associated with them? Most likely, these are blocks to the fulfillment of that desire. Did you get that? These doubts and fears may be the key reasons why you do not yet have

that thing which you desire. All you need to do for this exercise is become aware that those feelings are there. That's it!

Eliminate Stress and Tension

Stress and tension do not have the same affect on you as doubt and fear. While doubt and fear can block your ability to work magic, stress and tension will not necessarily do so. However, they tend to lead to negative or undesirable results. Let me explain why. If you are using magic to change some bad situation—or simply something you don't like—and you are stressed or tense about it, that stress is a strong feeling. And that feeling will be in the mix of your magic. It's not a feeling like doubt or fear that says that something won't happen or that it can't or shouldn't happen. If you have no doubt or fear about a certain thing, but you have stress surrounding it, you already have strong feelings that are holding that situation in a certain pattern. Now imagine that you confidently throw magic into the situation, all the while still maintaining your stress about it. The power of your subconscious mind may change your reality. However, your subconscious is always trying to validate your feelings, and it's got the message that you are stressed. Therefore, it thinks you *want to be stressed*. Bam! Your magic brings about a change—only it wasn't the change you wanted. It just created more stress. Obviously, this isn't what you consciously wanted—but it is what you subconsciously wanted. This is why it is important to remove stress and tension before working magic.

You may have to learn from this firsthand. I certainly did. When I first started practicing magic, I was an extremely stressed-out person much of the time. I was a type A+ personality, a perfectionist, and I had OCD. This may be why my life was so unhappy. I worked magic over and over again, but I was tense about it. I was attached to things changing to be a certain way. This is why I said that my magic often created negative side-effects at first. My tension and stress created more tension and stress, especially when I threw magic at it. My wife even joked that I was learning to create negative things.

But I persisted. And now, I live through my average day with a tremendous amount of peace. I can dissolve stress in a few moments of thought. And the magical power I have to create what I actually desire is intensely strong.

Many movies depict a magical person (say a witch or a wizard) casting some terrible spell or working some evil magic while they are angry. You can see the tension in their face as they throw magic around. And then it does some amazing (generally negative) thing. This is totally unrealistic. It's a movie—of course it's unrealistic! What I mean is, the message it has taught about magic is all wrong. Magic cast in the midst of anger and tension isn't going to hit its mark properly. Think about it. When you are angry or stressed, you're not really being your true self. Deep inside, your true self isn't angry or stressed. That's a momentary feeling that passes. Anger, stress, or tension which arises up from your subconscious mind is not likely to create something desirable as an effect. It's more likely to come back to bite you!

When you go to work magic, first come to a place of peace. Even if you are stressed at the moment, find some way to relieve that stress before you attempt to work magic. Don't think that you can angrily punish someone with a thought and a wave of your hand. Like I said, it will come back to bite you. Not just because of karma, but because those strong negative feelings in your mind will work to create negative side-effects.

To find true inner peace, you need to get comfortable with yourself. Look deep within yourself and allow yourself to be real. For all I know, it could be a lack of inner peace that drove you to look into magic. You may think you will learn magic and then change things in your life so that you can be more peaceful. Be peaceful first! Then you will be empowered to change the things in your life that you don't like. Of course, you can use magic to gain peace. More on that later.

Gandhi said, "Each one has to find his peace from within. And peace, to be real, must be unaffected by outside circumstances." Gandhi was right. True peace will not be blown away by circumstances. It will stand. I know this may not be what you want to hear, but it is important. Learn to be at peace, deep within. Don't worry. This is actually not as hard to do as you might think. Deep within yourself, you are already at peace. You just might not be aware of it because of layers of stress and tension. Remove all the inner agitation from your mind, and you will find peace. Again, please refer to chapter 20 for some great tools on alleviating stress and bringing your mind into a state of peace.

Exercise 3: Dissolve Present Stress

Dissolving stress and tension is so important that I have devoted chapter 8 (the first practice chapter of this book) to instructions on how to do so. For now, start with a simple exercise. Imagine that you are in a stressful situation, even if it's just temporary. It may be at work or at home, dealing with someone you don't get along with, or whatever. You can pick something that you've recently experienced as an example. Now imagine that the stress is like a visible tension. At first, you feel that it fills the room and you are in the midst of it. Now, solidify it in your mind. Separate yourself from it. See it solidify like a thick layer of glass right in front of you. Realize that it is not a part of you, and you are not within it. You can do this with your eyes open or closed. In your mind's eye, pull a large knife out of a sheath. This is no ordinary knife. It's a magical blade. It dissolves stress on contact. See yourself holding this large blade out in front of you. You can use your hands if it helps you to visualize this. Now, with one solid and confident motion, swing the knife down through the thick glass in front of you. Not only does the glass shatter, but it bursts into a million pieces. See this in your mind. These pieces continue to dissolve until it is all a fine powder. It is harmless, and it blows away in the wind. You can even blow out of your mouth to help you visualize it blowing away. Once it's gone, feel that it's gone.

The next time you are faced with a stressful situation like that, try this simple exercise. Of course, you don't have to use the hand motions if you're standing in front of a person that's stressing you. You could do the exercise in your mind alone. Or you could separate yourself from the situation and do the exercise once you're alone. After you are done, let it go. Forget about it and don't focus on it any more. You may be amazed at the result.

The Four Steps - See, Feel, Know, Let Go

Now that I've covered the basics of the quantum observer effect, your conscious and subconscious minds, faith versus knowledge, the power of your feelings, and the importance of eliminating certain negatives, we're ready to discuss the basic steps of working Mind Magic. I could give you long and complicated directions on how to work magic, but that isn't what this book is about. Let's keep it simple. It all boils down to four basic ideas: seeing it, feeling it, knowing it, and letting go of it. Learn how to make these

four basic ideas flow together well, and you can work Mind Magic swiftly and easily.

SEE

With your mind's eye, see what you desire to see. This could be in the area of peace, health, protection, money, body image, healing, job—anything really. It doesn't matter what you are seeing with your eyes. See it with your mind. Close your eyes if that helps you to do so. For this step, you have got to learn to see things as what you desire them to be—not as what they are. I know this is contra-intuitive. It's not how we naturally perceive things. But we are not naturally working magic right and left either. To work Mind Magic, you must learn to control what you "see"—what you perceive with your mind. This is crucial.

So just how do you look at something that is a certain way and see it as something entirely different?

If only I could get you to understand that what you perceive as your reality isn't very "real" after all. A large part of your observed reality is your perception, and a large part is just illusion. What's "real" is the energy that makes up the reality. What you see in front of you with your eyes is just one possible configuration of that energy that makes it appear as what you perceive it to be. What you may not yet realize is that your perception of that energy is already influencing it to be what you think it is. You may just think that it's unchangeable—set in stone. What I'm asking you to do here is see it as flexible, changeable, morph-able. See in your mind that the energy of the thing you are observing is moving, constantly in flux. The energy that makes up a given reality is just a probability field—one that has "collapsed" (to use a quantum physics term) into the reality you perceive it to be. Now "uncollapse" it. In your mind's eye, see that it doesn't have to be the way you think it is. It's just a field of probabilities. It's just energy. It's flexible, changing continually, and all you're doing is helping it be something else—another possible configuration of that energy.

To help you understand this better, consider this idea: None of us really live in "reality". Each of us lives in our own perceived reality. I call this "observed reality". For example, a given situation or event that affects multiple people may affect them all differently. In fact, one may see it as a great positive while another sees it as a great negative. Others may see it

anywhere in between. And even though each person may assert with their whole heart that what they perceive about the situation is in actuality reality, the truth is that it's not. It's only their *perceived reality*. The next person's perceived reality is something different, thus proving my point. We live in our *observed reality*, not in actual "reality". If you can see things this way, it will be very helpful to you in the area of Mind Magic. You are only observing your reality to be a certain way. Choose to observe it another way and see what happens.

FEEL

Once you are able to "see" something in the way that you *choose* to see it rather than the way your eyes might see it, the next step is to *feel*. This is a critically important step. This is where you are engaging your subconscious mind. And what are you going to feel? Simple. You're going to feel the reality of what you just decided to "see". This means you are going to take the perception that you just created in your mind's eye and let it sink into your subconscious mind—into the realm of feelings. This is where the magic happens.

So how do you get yourself to feel that something is a certain way when deep down you feel that it is a completely different way?

The answer here is largely the same as what I have stated in the previous section. Realize that your feelings are not the truth. They are just your perception. In fact, feelings are more real in your own perception than physical objects are—you just may not realize it. Make attempts to alter your feelings. You may find that you are better able to change your feelings about something than you are able to change how you "see" it. This is good, as the feelings part is really what it's all about. The *seeing* is just to get you geared up to *feel* something into being. This is where a lot of the tools I discuss in chapter 20—tools to clean up your subconscious mind and your feelings—will come in handy.

You have got to learn how to control your feelings if you are going to be good at Mind Magic. Become fantastic as controlling your own feelings, and you will be able to walk through life changing whatever you desire by just controlling the flow of your inner feelings. So practice! Go deep inside your mind, find the feelings that you don't want there, replace them with the feelings that you desire, and watch the magic happen! This is so exciting

when you learn how to do it!

So, all you have to do for this step is feel. Take what you decided to "see" as your reality and feel that it is truly so—deeply. Convince yourself that it is so. Notice that as you get your mind to digest the feeling that a certain thing is a certain way, you become convinced that it already is that way. It is this convincing of your subconscious mind that triggers the magic. And that brings us to our next step…

KNOW

Know that it's already done. You've seen it. You've felt it. You've convinced yourself. Now you *know* it. And as I discussed in the last chapter, it is this *knowing* that kicks the quantum observer effect into high gear. It is as if the Universe says, "Oh! This is how this really is? Okay." And then it just makes it so!

Knowing is both conscious and subconscious. *Seeing* is done more in the conscious mind—you've got to work to get your brain to focus on what it is you desire to "see". *Feeling* is done more in the subconscious mind—you've got to get your inner brain to feel what it's like to have what you desire. But *knowing* happens at both levels. When you *know* something is a certain way, you are convinced of it both consciously and subconsciously. Think about it. You go to sit on a chair and you know it's going to hold you up—you know it consciously and deep within. There is no question about it in any part of your mind. Get to this point, and your magic will be certain and sure. When it all comes down to it, I believe that this is what all magical practices are aiming at—getting you to *know* that it's already so. I will say it again a little differently. It is the *knowing* that causes the quantum observer effect to be dominant in the configuration of a given set of energy. Remember, a given set of energy that you (or others) are observing a certain way is, according to science, just a probability cloud. It could manifest in one of a billion different patterns. Normally, your observation (and the observation of others) places a small amount of influence on that probability cloud, telling it to appear this way or that way. These observations might affect it slightly. But when you step into *knowing* that something is a certain way, it is as if that knowledge becomes a powerful observance of that probability cloud, making it *highly likely* to reconfigure itself into the way you see it. In this case, the quantum observer effect becomes the dominant influence in how that cloud of

possibilities collapses into a given observed reality.

How about an example? Consider a pool table. Now imagine this pool table is in the middle of a game. Several balls are left on the table. It's your turn. All you have to do to win the game is to hit the 8-ball into the corner pocket. But, it's a difficult shot. You must hit the white ball with a certain amount of force at a certain angle in order for it to hit the 8-ball directly into the pocket. Now imagine that the pool table is under the influence of many forces. A large fan is positioned directly above it, blowing air across the table at a particular angle. A construction crew is outside moving heavy machinery around, causing the table to shake. You can see the slight shaking of the pool balls, almost like a continual earthquake is happening. Your opponent is leaning against one side of the table, impatiently pounding it with his elbow every few seconds as he waits for you to take your shot. A small child is crying in the room, providing another distraction to your move. You could *possibly* make the shot. If you considered all the outside forces that are affecting the table and the balls upon it. But you would have to be very good at judging angles, vibration, air motion, and more. You go to shoot, but you are very uncertain in your shot. There are so many forces at play here, how can you be sure to hit the cue ball perfectly in order to knock the 8-ball in?

Now imagine that you could lift one corner of the table and cause the 8-ball to angle perfectly toward the corner pocket you are aiming for. All you've got to do now is tap it with the cue ball, and it will roll in. It can't help it. You *know* it will go in. This is how Mind Magic can influence events for you in spite of all the other forces at work. Now I understand that this would be cheating in the game of pool. There are rules and they must be followed in order to play the game fairly. But in magic, there are no such rules! There are no rules in the game of life that say you can't feel a certain way. Of course you are free to choose your feelings! You aren't cheating to learn self-control (of your own feelings). And you aren't cheating to convince yourself that you know something. You are free to know what you know! And if that knowing causes something to change or some desired effect to happen, you have not broken any rules.

Know that you have what you desire. Knowing is key. Not believing. Not having faith. *Knowing*. Get good at controlling your feelings to the point of knowledge, and you will enable yourself to work powerful Mind Magic. The stronger your feelings and the more certain your knowledge, the more certain

will be the outcome of your magic. You may not even have to hit the cue ball at all! You could just make the 8-ball go into that corner pocket all on its own!

LET GO

So if knowing is the key to creating reality and the catalyst for the quantum observer effect, why is there another step? It's simple. Really, it's to be certain that you know. You see, as humans, we tend to hold onto things—especially things we desire. And this holding on can be a negative energy, although unseen, that is preventing what we desire from coming to us. In other words, it's preventing us from really *knowing*. Let's say you work hard. You get yourself to "see" what you desire, get yourself to "feel" that you have it, and convince yourself that you "know" it. But somewhere within, you are holding onto it. This holding on, or what I will call "attachment", is probably the biggest set back people have to creating their own reality, whatever method they are using. How does this work with the quantum observer effect, if the science be true? Simple. The attachment to something is actually an observation of reality in a particular way. And that observation plays into the mix of what actually happens.

Attachments often have to do with deep inner fears. We fear that if we don't hold on to something, we won't have it. And so we create these attachments. In actuality, however, it is that fear and those attachments that keep us from having it.

Think of it this way: If you truly *knew* that something already was a certain way, you could freely let go of any attachment that you have to it being any particular way. Why? Because you already know it's the way you desire. So why bother holding on to anything any more? The fact that we are still holding onto it indicates that deep within we don't truly know it after all.

And so the letting go step is really just trying to get you more truly into the knowing step. You let go of what you desire to prove to yourself that you already know that you have it. Understand also that you need to let go of any attachment on either side of your desire. By either side, I mean positive or negative. So, if you have attachments to having what you desire, let go of them. If you have attachments to keeping your reality a certain way (the way it is without what you desire), you need to let go of those also. Why? Because if you really truly *know* that you have what you desire, you would no longer

have attachments to anything *for* or *against* what you desire. It would just be. And you'd already know that it is, so why bother holding onto it? So, if you really want to get to knowing, let go of everything you are attached to related to your desire, whether that is things for it or against it.

People often find that it is during the letting go step that the magic happens. In fact, letting go can be so magical, that there are whole courses out there just to teach you how to let go of deep inner attachments. Some people teach letting go or "releasing" as a magical practice in and of itself. I think this is because when we truly let go, it is similar in feeling to already knowing that something is. When we know, we more naturally let go. And so when we let go, it is like we have already come to the knowledge.

Letting go is also a great practice that will help you learn to control your own feelings better. The more you let go of emotional attachments, the more control of your own emotions you will have. Refer to the resources I direct you to in chapters 20 and 21 for some wonderfully helpful tools for letting go of attachments.

Having said all of this, letting go is such an important part of the process of working Mind Magic that I have devoted the entire next chapter to it. Even though you have read this section, don't skip that chapter! True, if you don't have any emotional attachments, you can work great magic without this step. But I don't know of a living soul that has none. In fact, most people are starting out with more attachments than they could even list. Don't worry! I can teach you how to clean up your mind. I started practicing magic with hundreds, even thousands, of attachments. And many of them were deep-rooted. I'm proud to say that today I have very few, and I'm working on what's left. You can get there, too. Hang in there! For now, let's do an exercise in working magic…

Exercise 4: See, Feel, Know, and Let Go

Go to a quiet place where you can be completely alone for a little while. This could be indoors or outdoors, whatever your preference is. Choose something that you desire. For this exercise, pick something fairly small—something that you could easily see yourself accomplishing or which you can easily see happening. We need to start small so that you can build up your confidence in your own power. By degrees, you will become more powerful as you practice.

Now, take that thing which you desire, small though it is, and see it clearly. Close your eyes if it helps you do this. Visualize it very clearly, in as much detail as you can. If anything negative comes into your mind (that is, the opposite of what you want to see), then just gently push it out. You can tell it "No" or "Not right now"—whatever it takes to remove it from your mind just for the duration of this exercise. Next, feel what it is like to actually have what you desire. Whether it is something you are accomplishing, something that is happening to you or for you, or something that you acquire —whatever it is, feel what it's like to have it. Step into that vision that you have created and experience it in your mind. Use as many senses as apply to the situation. Sight, hearing, touch, even smell and taste. Imagine it clearly with as much feeling as you can muster. Next, step into those feelings. Let yourself sink into those feelings—deeper, deeper, deeper—until you *know* you are experiencing this thing which you desire. Take this to the point where it's no longer something you desire—it's something you have. It already *is*. It has already happened. Convince yourself that it's happening or that it already is. If any negative feelings arise, any doubts or fears, just cast them aside, even if just temporarily. You can set feelings aside just for the moment. You already know how to do this. You don't have to remove all the negatives right now. Just set them aside. Let yourself sink deeper into the feelings of having what you at first just desired but now already have. Now, since you already know it is so, let go of any feelings you have about it. Let go of any need for it. Of course you don't *need* it—you already *have* it! What a preposterous notion! Get yourself to believe that it is a ridiculous idea that you would need this thing when you already have it! Breathe out audibly and feel yourself let go of any such notion, any such need, any attachment whatsoever to that thing. Now relax. It's done. Clear your mind of this exercise and go about with the rest of your day. You may later find that the thing which you desired has already happened or just happens simply and naturally when you're not even thinking about it. Magic.

Do It and It's Done - The Concept of Now

Here I will delve into a little more of the science of the magic of the Universe. This is often a difficult concept for many people, but it is an extremely useful one. *Now*—What is *Now*? We may say that Now is the

present moment. But this moment passes instantly into another moment. Everything is always changing. Nothing stays the same from one moment to the next. And what do we call each of those moments? Now. They are all Now. It is always Now. Think about this deeply. In all the Universe, everywhere, it is Right Now. It is always Right Now, and it is only Right Now. You can't go back to yesterday, and you can't go forward into the future. Some may say that you must go forward into the future because time always moves along. Inevitably, at some point, it will be the future. But in actuality, this is not so. It's never the future. It's always Now. It is always the Present Moment.

When we think of the past, we are thinking of things that happened or things that were. But if those things are not that way now, they are but a memory. And when we think of the future, we are imagining things that might happen or things that might be. Again, if those things are not that way now, then this is but a possibility of what might come. It is not a certainty.

We think of the past as being certain. Things happened. Circumstances were such-and-such. Whatever. It can't be changed, and so we can consider it certain. Done. Absolute. Of course, it's true that our knowledge of the past may be incorrect, but that doesn't matter. What was, was. It's that simple.

We think of the future as being uncertain. We don't know what will be. We don't know what will happen. Sure, we can make decisions now. We can do things in the present that will affect the future. Whether we are using magic or not, our actions are affecting the future. They must, for everything is always changing.

Now consider the present. It is that moment in time that is the crossover between the past and the future. Every moment gives way to the next moment, causing the previous moment to be in the past—certain and unchangeable. And every moment has a next moment that hasn't happened yet, yielding to endless possibilities of the future. Why, the next moment might be anything! And we exist in the Here and Now—at the crossroads between certainty and uncertainty, between memory and possibility.

When we are remunerating over the past, we are living in memories. Maybe they are good. Maybe they are bad. Maybe there were wonderful feelings, maybe some regrets. Regardless, all of that is past. When we are dwelling on the future, we are living in possibilities. We are considering what might be or what could be at some point in the future. Mind you, I'm not

saying that either of these is bad, but I will tell you of the amazing power of the present. When we are living right now, we are at that crossroads between certainty/memory and uncertainty/possibility. It is at that crossroads that we have tremendous power. When we dwell on the past, we realize that we can't change it. We can learn from it, and we can change now as a result. When we consider the future, we have placed those things that we imagine out in the future. And, as you know, the future will never come. It will always be Now.

When, on the other hand, we consider that it is and always will be Now, we can utilize this angle for tremendous power! The power of the Now is to change uncertainty into certainty and to change possibility into memory. It's always doing it anyway! Tap into this concept! In other words, when we do things Now, we are utilizing the present moment to allow the energy that is here *now* to reconfigure into something else in the *next moment*. Since everything is always changing, it is always doing this anyway. Using magic in the Now is just taking advantage of the fact that things are already changing and influencing them to change to the way we desire them to be. This is a deep concept. If I write a more advanced book on magic, I will certainly delve into this concept more deeply.

What I want you to understand here is the importance of working magic in the Now—in the present moment. When you see, feel, and know, do so in the present. Don't see what you desire as something in the future! Don't feel what it is like to have it in the future! You will be feeling like it's still not here yet, always leaving it in a state of 'still not here yet'. Don't know that you *will* have it—know that you have it *now*! This concept of Now is very important and extremely powerful! If you can wrap your mind around this, let go of your ideas about the future. When you work Mind Magic, you are only existing in the here and now, and so you are only working magic in the here and now. Be present. Stay present. Don't let your mind consider what it will be like for something to happen in a month—or it may always be a month away. If you are feeling like you will have that thing a month from now, it may be a month away. If you keep feeling like you will have that thing a month from now, it may stay a month away. It's not until you feel like it's happening *now*—or that it has *already* happened—that the magical effect occurs.

Mind Magic works in the present. Don't misunderstand me here. There are many things that you can do with Mind Magic that will take time to come

about. Just don't think of it that way. Think of them as here, now. The Universe will work its magic as a result. Sometimes what we do in the present just gets the ball rolling. It may take a while for the desired event to actually occur. But that's okay. You aren't concerned about that because you've already let go of it, right? Sometimes we work magic and it reconfigures the energy in the present moment. That energy may have reconfigured to cause something to happen later on. Still, what we did was in the present moment. The only thing we can truly affect is the present moment —and the very next moment that it is moving into. So work with that!

As you follow the steps for Mind Magic, *see* what you desire in the Now, *feel* what it's like to have it right now, *know* that you already have it right now—it's already done! When we let go, we are also letting go in the Now. We may be letting go of past feelings or memories or attachments, but we are letting go of them Now. This will affect this present moment and every moment after this. Sometimes we let go of attachments we have about the future—ideas of things that we want to be that we are holding onto. Still, we are letting go in the present, Now. Everything is happening Now. Capitalize on that.

This is a great secret I am sharing with you. When I really digested this idea, I saw the power of my magic increase tremendously. And I'm sharing this with you freely here, just as you are beginning to learn. Can you grasp the concept? Great! Now let's have some fun…

6. More Details On Working Magic

The real magic is in making the intangible idea, the creative impulse, manifest and live in our reality.
—Mark Ryan

Playing with Energy

Now we will get into some of the weirder parts of magical practice. I actually think this part is fun! I've given you the steps, the rules (or lack thereof), and the basics for working Mind Magic. I've taught you about the inner workings of your conscious and subconscious minds and how they interact. I've clarified the importance of feelings and the elimination of certain specific negatives. With all of that in mind, now I want you to not worry about it. It's time to relax and have some fun!

Your mind likes fun. It's actually healthy for you psychologically. When we are having fun, we're generally not stressing over the details of life. Entertainment can be very good for the brain. It allows us to relax, let go of the tensions we are holding onto, step out of the roles we often feel we need to uphold, and just be ourselves.

And so with Mind Magic, I want you to let go of any tension you have about learning this stuff or about actually being successful in it. Don't worry about it! Let go of any need to be successful and just have fun with it! As you do the exercises in this book, and as you practice Mind Magic on your own, make it as easy as you can on yourself. Don't be all "up in your head" with concerns like "Did I do this right?" or "Did I follow the steps right?" or "Did I let go enough?" Just relax and play with it.

You will have much better success using Mind Magic if you learn to just play with it without any attachment to the outcome of your magic. Don't work too hard! Make it fun, not work! Making it easier actually makes it better. You have better outcomes, and you're encouraged to use it more. If it's fun, you'll want to do it again and again. And each time you practice, you will get better and better at it. So make it fun!

How? Use your imagination! What do you like? Imagine the things that you like or love. Bring them into your magical practice. I love the idea of

glowing energy balls. In my mind's eye, they are fluxing, pulsating, vibrating, almost electrical balls of energy, often in some vibrant color. I'm only choosing to see this because I think it's fun. The fact that it's fun for me makes it work very well for me. In the example I gave earlier about how I calmed my little girl down with a ball of peaceful energy, the energy ball was yellow. It didn't have to be yellow. That was just how I decided to see "peace energy" at the moment. It was pulsating between my hands. I enlarged it as I walked toward her, and then I enveloped her in it. This was all in my head! But it was powerful magic!

There are many different ways of playing with Universal energy. You can connect two points together—maybe imagining a line between them. This line could be a strong cord or an electrical current. You could create a flow of energy going around and around. This could be in a circle or in some other shape. You could use an object that you have imbued with magical power. You could imagine a flow of energy coming out of that object to work the magic you desire. There are a myriad of ways to play with energy. Do a little experimenting and find out what works for you. What do you like to visualize? Is it shapes, colors, or patterns? Are they moving or stationary? Growing or shrinking? We all tend to have ways that we see things in our minds—ways that we categorize our experiences visually.

Maybe you are more auditory than visual, meaning you like to hear things in your head rather than see them. In that case, you could use tones or sounds to work Mind Magic. Just hear them in your mind. A low humming might mean one thing to you while a high pitched tone means another. You can define what each sound means in your head. Then, when you want to use one, it's there for you.

Perhaps there are concepts in your mind that help you to feel powerful. This could be a character—like a superhero. Or it could be someone who has been a great example to you. Maybe it's something you've made up in your head. It doesn't matter. If it makes you feel powerful when you think about it, use it!

To work Mind Magic more easily, use what makes you happy, what feels fun to you, or what empowers you—whatever brings a smile to your face and helps you relax. If you're not sure what to use, look within yourself and ask yourself what you like. What do you find fun? Play with that a bit. Take those concepts in your mind and apply them to how you work Mind Magic. But

don't limit yourself. There could be many such concepts that work for you. You are free to use more than one. You may have different concepts for different situations or different areas of life. For example, a low humming tone might indicate peace and calm to you, while bright flashing lights might indicate power to you. Go with what comes to your mind!

Experiment. Play. Have fun. As you continue reading this book and you do the exercises, let your mind play. Both your conscious and subconscious minds love to play and to have fun! In fact, this can help them work together more, which will only be to your benefit. I am confident that you *can* figure out what works for you. This is the easy part. Take what you love, what brings you joy, feelings of power, calmness, or excitement, and let your brain use that in your practice of magic. Not only will you find the exercises more fun to do, but they will work better for you.

There is a progressive benefit to this concept of having fun with magic. The more fun you have with it, the more you will want to practice it. The more you practice it, especially in a state of having fun, the better you will get at it. This truly is a key part of how I have become so good at working Mind Magic. I learned to have fun with it and let go of the outcome. This made me better at it, and I enjoyed experimenting with it more. Sure, a lot of things didn't work at first. But I was persistent. I kept playing with different ideas until I found what worked for me. I want you to do the same.

Using Your Hands

Everything is energy! Every thing, person, idea, and situation around us is composed of a given set of energy. Remember, what we observe as reality is just how that energy is appearing to us. As I've described, the quantum observer effect is the science behind magic. All that's happening when someone works magic is that the energy that composes some "thing" (person, object, idea, or circumstance) reconfigures into something that appears differently. This is what we call "magic". And so the whole point of Mind Magic is to reconfigure a given set of energy that currently looks like something we don't like so much into something that appears more as we desire it to be. As I described in the last section, an easy way to do this is to play with energy.

See the object, person, idea, or situation you are working with as energy, configured a certain way that you (or others) are observing to be reality. Then move that energy around. Change it, play with it, reconfigure it in your mind. See the many possibilities of how that energy could reconfigure—the many possibilities of how the next moment could appear to you.

A great way to do this, and to engage the playful areas of your brain, is to use your hands. Get your hands into that energy and play with it. Manipulate it. Modify it. Change it as you will. This is powerful magic. I use my hands in most of the magic that I work. I look at the situation I'm dealing with. I see the energy. I play with the energy I see. I change how it appears. I make connections between it and what I'd like to see. I shift it around. I cause energy to flow, sometimes between my hands, sometimes out from my hands. Even if I don't want anyone to notice what I'm doing, I will make small, discreet motions with my hands to work secret magic.

Now I could say that this is only what works for me and you should find what works for you. But I think you ought to use your hands, and I'll tell you why. We are humans. Our hands are our most versatile tool for doing things with physical objects. We can touch, lift, squeeze, mold, scrub, press, push, pull, tap, write, type, signal, and so much more with our hands. In our minds, we know that our hands are extremely powerful! They enable us to do an endless variety of tasks. Our subconscious knows this as well. There is therefore a strong connection between a) getting things done and b) using our hands. And there is a strong connection between our conscious and subconscious minds about our hands. We know—absolutely *know*—that they "do" things.

So I want you to use your hands. When you use your hands to work Mind Magic, your brain thinks you are *doing* something (because that's what your hands do). At first, your conscious mind may not think you are doing anything—but stick with it. Soon, it will make the connection that you are causing a change to your surroundings by using your hands. Your hands are a very powerful tool for working magic. Consider that practically every movie or show you've ever seen that demonstrates some kind of magic does so by the magician using their hands. So this makes us believe even more that magic is worked with the hands. Yes, even the use of a magic wand is still using at least one hand. With some practice, your mind (including your subconscious) will simply accept the fact that you are causing changes with

your hands. This is an easy connection to make, so give it a try.

When you use your hands to play with energy with the motive to change or reconfigure it in some way, and you convince your conscious mind that you just made a change with your hands, your subconscious mind tends to say, "Okay, we just made that change." And Bam! It's done! So have fun manipulating Universal energy with your hands! The part you need to work on for now is convincing yourself that your hands are really making a change, even if you aren't touching anything.

I use my mind for physical healing. One of the ways I do this is to place my hands on two different spots on the person's body. I then imagine energy flowing either between my two hands or in a circuit through the person's body. This is called *running energy*. I may physically feel this energy running through my hands, or I may not. Either way, my conscious mind knows I'm doing something because I'm using my hands. Why would I use my hands if I wasn't doing anything? This doesn't make sense to my brain, and so it is convinced that I'm making some kind of change. My subconscious mind then *knows* that I am making a change—and therefore the energy has changed. That change can be instantaneous (or otherwise very fast), or it can be energy that I leave there to linger and work on the person for a while. Either way, it caused a positive change, and that was all I was doing. And I *knew* I was doing it. Using my hands helped me to *know* it—and that's why they're powerful!

Let me give you another example where I used my hands to work a little magic just for fun. I was at a waterpark, standing in line with my kids. The line for this particular ride was rather long. Up ahead of us was a girl with a T-shirt with some large words on the front of it. Have you ever read part of the words on a shirt but couldn't finish it because the person either passed by or the writing went out of view? This was the case here. The shirt was oddly colored and had large words printed on the front of it. I was quite curious what it said—and I was bored. Now, there were about 30 people in line between us and the girl. Just for fun and quite subtly, I created a small vortex of energy with my hand. It was like a tiny tornado spinning above one finger. I then sent it away in front of me toward the girl. The purpose of this energy was to cause her to spin around just long enough for me to read all the writing on the shirt. As the vortex approached her, it enlarged. When it reached her, it enveloped her and stayed spinning around her for a few

seconds. I stood there and watched it in my mind, waiting for the girl to turn around. Sure enough, within seconds, she turned all the way around, giving me a plain view of the writing on the shirt just long enough to finish reading it. I don't recall what it said. I think it was something about a mermaid. That's not important. The point is, I was just *playing* with energy with my hands—and with my mind. My conscious mind knew I was doing "something"—and so did my subconscious. And it worked beautifully.

Incidentally, I am not encouraging you to use magic to "control" people. I was not attempting to control the girl—just to send her a gentle nudge to turn around for a simple and innocent purpose. I did note, however, that when she spun around, she looked annoyed—like she was looking for who or what caused her to turn all the way around. She definitely had felt *something*.

Exercise 5: Playing with Energy Using Your Hands

Go to a quiet place alone. Relax and clear your mind. You can do this exercise with your eyes opened or closed, whatever works best for you. Think about something small that you desire. It could be completely a work project successfully. It could be finding the answer to a problem in your life. It could be feeling better physically. Choose something small—something that is easy for you to believe could be changed. Now, I want you to see how this circumstance currently is. Imagine that about a foot or so in front of you and a little off to the left. Next, see how you desire this circumstance to be. Imagine that in front of you a little off to the right. Note the difference between what currently is and what it is you desire. See the sharp contrast. With your left hand, reach out and touch where you see the situation on the left. Hold it there. Feel how that circumstance is. Imagine that your left hand is feeling it. With your right hand, reach out and touch where you see the situation on the right. Hold it there also. Feel how you desire it to be. Cause your right hand to feel it—strongly. As you hold both your hands in the air in front of you, imagine a powerful energy shooting from your right hand over to your left hand. It is like a strong electrical current—blue or whatever color you choose. As your right hand sends this powerful energy over to your left hand, allow the feeling in your left hand to begin to change. If your eyes are open, glance back and forth between your hands, watching the energy move from the right to the left. Gradually, the left hand feels more and more like the desired situation—more and more like the right hand feels. It is as though

your right hand's energy is copying itself over to your left hand, overpowering whatever feeling the left hand had. Keep this energy flowing for a few seconds or a few minutes—however long it takes for you to feel that the transfer of energy is complete. You will know that the energy transfer is complete when both of your hands feel like the situation you desire. Once you are at that point, take a look at the energy of both hands. Note that they both appear and feel like the circumstance you desire in this particular area. Take a deep breath and let it out. Just let go now. Lower your hands and allow the energy to dissipate into the ether. Allow yourself to feel that the change is done—Now. It doesn't matter if it actually is or not. Just keep feeling that it's already done, and go about with the rest of your day.

Seeing Only the Positive

One of the big "tricks" with Mind Magic is ensuring that you only see the positive effects of the magic you are working. In other words, you have stopped seeing the thing you are working on in the way it *was* and start seeing it in the new way—the way you've *chosen* to see it. By "positive", I'm talking about more than just positive thinking. I'm assuming that the effect you are using magic to cause is positive—at least it is positive to you. The current state might be "negative" or just *not as positive* as what you desire. It doesn't really matter whether it's truly negative or not—or whether you are truly interpreting it as negative. What matters is that you are focusing completely on what you desire. I'm calling this the "positive effect". See it so strongly that it is all you see. None of the old is there any more. By "*seeing* only the positive", I mean much more than just *seeing*. I mean feeling, perceiving, *observing*. Remember, it's the observance of reality that alters it. And by "seeing *only* the positive", I mean completely not perceiving—or *observing*—the negative any more. That is, you have focused so much on the positive—on the desired effect—that you have forgotten about any other possible reality. The reality you desire is the only reality that is.

I know it may feel hard to do that at first, especially if you are staring some undesirable reality in the face. To say "I am rich" when you are poor is counter-intuitive. The real problem here is that you are still *feeling* poor. The same is true if you say "I am well" when you are sick. The real problem there is that you are *feeling* sick.

What I'm telling you to do here is not the same as ignoring the negative. It may seem like that is what you are trying to do. It's not about ignoring something bad. It's about perceiving *only* something good. When you do this right, there is no room for the bad. If you are observing the positive so thoroughly that your mind has no space left to perceive the negative, what you are desiring has probably already happened—or it will very quickly. Keep up that focus and the negative, if there is any left, will most likely dissolve.

Distracting the Conscious Mind

Working Mind Magic can sometimes take a little time, but not usually more than a few minutes. Often, if I am working magic on something, I may do several things. I will use my hands, move energy around, change my perceptions, connect things together, perhaps run energy. I stop when I feel like it's done or the change has been made. Sometimes, one method makes a little change, another method changes a little more, and so on. I will generally keep working on it until I'm satisfied with the changes—until I *perceive* that the change is done. One of the things I have found that accelerates the desired change is to distract my conscious mind. This must be done at the appropriate point—after the magic has been worked. What happens here is that the conscious mind, being distracted, gets out of the way of the subconscious mind. This leaves the subconscious more free to work its magic without the restrictions of the conscious.

Let me give you a picture of what I mean by distracting your mind. Let's take the last exercise I gave you of playing with energy with your hands (Exercise 5). In this example, at the end of the magic, when you have connected the energy between your right and left hands sufficiently, you would deliberately distract your mind to cause your focus to go elsewhere. The idea here is to make you momentarily "forget" that you were working magic. Move your thoughts suddenly to something innocuous, something that tends to distract you. Maybe it's a book you are reading. Maybe it's a funny meme you saw. Choose something that doesn't have strong positive or negative feelings associated with it. I used to think of a game I would play on my phone. For a moment, at the end of working some magic, I would quickly

send my mind to my phone screen and imagine I was playing that game. This gave my conscious mind the idea that the magic is finished and I've moved on to something else. If done correctly, that temporary distraction gets the conscious mind out of the way just long enough for the subconscious mind to work the magic. And then it *is* done! Remember, your feelings live in your subconscious, and the observance of your subconscious is much more powerful than your conscious.

So I'm giving you this extra tidbit to use as you learn to work magic. You don't have to use it. It's not a necessary component to get things done. But it might help you snap things into place at the end of some magic you are working. So give it a try. Use it as a trigger to indicate you are done working magic. If it doesn't feel right to you, don't bother with it. If this trick works for you, you will notice it. This "done" feeling can cause energy to shift immediately. Be aware that this sudden distraction of your conscious mind while focusing on Mind Magic may cause you to lose your balance or even fall over. You may feel a jolt or a sudden energy rush in your brain or even in your whole body. Try it out and have fun with it!

Exercise 6: Only Positives with Distraction

We're going to repeat the last exercise with a couple of twists. Alone in a quiet place alone, clear your mind again. Pick another small situation that you would like to alter in some way. Also choose what you will be distracting your mind with. Knowing this in advance will make it easier to do when you get to that point. Now, using your mind's eye and your hands, imagine the current situation in front of you to your left and the desired situation in front of you to your right. Get your hands in there and hold both realities. Go ahead and start running energy from your right hand to your left hand again. It can be whatever color you imagine. Bright colors can make these exercises more vivid and therefore more powerful. As you did before, allow the feelings of the circumstances held by your right hand to be copied over to your left hand. This time, I want you to do something extra. Forcibly block any negatives out of your awareness. Your conscious mind may want to focus on the feelings of the left hand. You may think that is how things are now, and so your mind is focusing on that. Don't let it. Completely forget about the reality that your left hand was feeling. Blank it out. Make it as though it is nothing—a blank slate that you can write on as you choose. There is no negative, no bad

situation. If your eyes are open, glance back and forth between your hands, watching the energy move from the right to the left. The only difference here is that you are just copying the energy from your right hand onto your left hand. You are *sort of* ignoring what was there before—actually you're just overwriting it rather than ignoring it. Keep doing this until the left hand feels like the desired situation—just like the right hand feels. Do this as long as it takes for them to look and feel the same. As before, you will know that the energy transfer is complete when both of your hands feel like the situation you desire. Once you are at that point, take a look at the energy of both hands. Note that they both appear and feel like the circumstance you desire in this particular area. Now, suddenly and quickly distract your mind with the thing you had chosen at the start of this exercise. This will trigger a sudden end to your working magic. You may feel this as a brain rush, a loss of balance, or a major shift in your energy. It may even knock you over. If you do feel a powerful shift, don't interrupt it. Roll with it. Let it flow and take its course until it is done. It should be easier now to keep feeling like it's already done. When you are ready, go about with the rest of your day.

Others' Steps to Success

In the last chapter, I gave you the four basic steps to work Mind Magic: see, feel, know, and let go. When I first began learning magic, I read and studied various modalities of magic and reality creation. Many of those modalities have their own set of steps to follow to alter reality. Some of them were 6 steps, some 8, some even more. As I attempted to follow these sets of steps, I found that my mind was working overtime trying to remember the steps and their proper order rather than focusing on the magic I was doing. For this reason, I have honed in on what's important and condensed the steps to working magic down to only 4 major ideas: *see it, feel it, know it,* and *let it go*. This is simple, and it's not too much for your brain to remember. For the most part, I believe you will be able to work a great amount of Mind Magic if you just learn these 4 steps and learn them well.

However, I feel that no introductory magic book would be complete without providing some background on a variety of other "steps" that many others consider to be important in creating your own reality. So I'm going to give you 15 of these steps to success, tell you what I think about them, and let

you know how they apply to Mind Magic, if at all. Let's begin…

DESIRE

Desire is a core driving factor—not just for magic but for anything really. Without desire, no one would ever want to do anything. Your desire is the core reason for the change you would like to make. Some have said that when you desire, you should feel your desire intensely. I'm not going to get into the psychological details of this here, but consider that strong desires can also lead to attachment and need. Attachment and need are actually negatives in the realm of working magic. You are saying that you must have something—so you are therefore saying that you *don't* have it. This is not helpful. Sure, you should have desires. I believe that desire is the mother of creation. But you should desire cleanly. By this, I mean that your desire should not be tainted by needs, frustration with a current situation or another person, or any other garbage that clutters it up. Let your desire be purely your own desire. Let it come from your real, true self, deep inside. Reactions to situations are not real desires. They are emotional responses that typically result from negatives within our own minds. How does desire apply to Mind Magic? Well, I'm not going to tell you that you have to do this or that with your desires. You of course have a desire—or you wouldn't be using magic to begin with! So I'm going to assume that what you are choosing to do is coming, at least in part, from your own desires. This brings us to the next step.

CHOOSE

Choice is powerful. Some say you choose based on your inner desires. Others think your deep desires spring off of your core choices. Either way, they go hand in hand. In some modalities, they say to make a firm and decided choice about what you are doing. This is a good idea, and I have nothing to say against it. But as with desire, I think that you obviously are already making a choice before you start to work magic—or else you wouldn't bother with it. A firm choice is good. It's not one of my steps for working Mind Magic, but it is of course something you should do first. So, before you start to work any magic, know what you are choosing first. This is useful and can be helpful to make your magic more focused. Better than this, however, is intending—and that brings us to our next step.

INTEND

Intention is powerful when working Mind Magic. In some modalities, they say that you should clearly state your intent before you go about to change anything. This is good advice. Intention is far more powerful than just "wanting" something. When you intend, you are actually telling yourself this is going to happen—it will no longer be a "want". And intention seems to be the culmination of both desire and choice. You desire something. You choose it. And therefore you intend it. In regards to Mind Magic, I would say that telling you to figure out what you intend to do with magic is a more clear path than sorting out your desires and choices. Sure, spend some quiet time looking within yourself to figure out your true core desires. Make some choices about them at that point. This can be a driving factor to what you do from day to day. But when you go to work Mind Magic, first know what your intent is. It might be for something to happen. It might be for something to change. Be cautioned here: strongly holding onto the intent to *change* something can cause you to stay with that reality. In your mind, state your intention or just feel what you intend to change. Then let it just be there in the background. Follow the four steps I have given you, and don't think about what you are *changing*. Focus on the *new* state of things. This allows the old state to fade away more easily.

VISUALIZE

Almost every modality of creating or changing reality talks about visualizing. This is what I have as the "see" step. It is true that it's vitally important step. It's the beginning of triggering the quantum observer effect which can actually cause the change to happen. I have this as the first step of working Mind Magic because I'm assuming that you already have the desire and you've already chosen and/or intending to change or cause something. But when you are in the middle of working magic, you don't need to think about all the background or the reasons for making the change. It can actually be destructive to do so. Why? Because focusing too much on your desires or on what you intend can put you in a battle between "this" (current state) and "that" (intended state). You don't want a battle in your visualization. Focus primarily on what you would like to see. And by "see", I mean much more than just visualizing. If you are an auditory person, part of your *seeing* may include *hearing*. It may include touch or other senses. My first step of "see"

means to *observe*. Observe with whatever senses suit you best.

FEEL

Feeling is of course a crucial step to working magic, and it is the second step for Mind Magic. I have already discussed how important your feelings are. Surprisingly, some modalities miss this altogether. They talk about thoughts, visualizing, intent, and so on, but they miss the crucial part of feeling—*deciding* how you feel, *choosing* how you feel. Perhaps this is because so many people don't believe that they actually can control their own feelings. Others *make them* feel a certain way. If you believe this, it's time to create a new belief. You can control your feelings just as well as you can control your thoughts. It's just a matter of determination and practice. For the "feel" step, imagine what it feels like for the desired circumstances to already be present. It's like you are stepping into the vision you created in the "see" step. But you already know this, so let's move on.

BELIEVE

This is another extremely common step in many modalities. They say you have to believe. As I've already discussed, belief is actually far less powerful than knowledge. And while it can have an impact on how the quantum wave collapses (to put it scientifically), it is still only a possibility. They also say you have to remove all your doubts. While this is fantastic advice, realize that once you have removed all your doubts, you have already shifted from belief to knowledge. I do not have believing as a step to working Mind Magic. It is simply not strong enough to yield the kind of results I am after. Nor do I think it is strong enough to teach it. When you believe something, you always have some doubt that goes along with it, even if it's only in the back of your mind. Next time you are believing something, even strongly, take a look inside yourself and you will see the doubt there. Often it's hidden. If there was no doubt, you would already know it—with confidence! This is why *knowing* is the third step of Mind Magic, rather than believing. If I had "believe" as a step, it would be inviting some doubt, and that might be just enough to allow the quantum observer effect to leave the situation as it is—and that's not what we want.

EXPECT

Expecting is similar to believing. It might even be stronger. It has to do with creating an expectation in your mind that something will change. It can also involve being confident and knowing that you deserve the desired thing or perhaps that you have a right to it. Different modalities have taught different things here. I don't discuss expecting something to change as being a part of Mind Magic. However, you could think of the *knowing* step as involving similar feelings. You *know* it and so of course you *expect* it! Actually, knowing is much strong than expecting, so I don't find this a necessary step to teach. It just bogs down your brain with too many ideas.

TRUST

Trusting is crucial. Trust that things will work out. Trust in your own power. Trust in the Universe. Trust in the reality that you can change things at will. Yes, trust is very important. For Mind Magic, I see *trust* as something to practice on a day-to-day basis, something to increase within yourself, something to grow into as you learn more and more. But once you get to the actual working of magic, I don't see it as a step you need to take. It should be there in the background. Trust that you are worthwhile. Trust that your true desires are good. Trust in the power of the Universe to easily change things for you. Trust in the quantum observer effect if you like. And when you go to work Mind Magic, just focus on the four basic steps.

DETERMINE

Some have insisted that you should *determine* that the desired thing is absolutely so. It already is done or it is happening now. You see this with determination. While this may all be good, I see the *knowing* step as sufficient to produce the feelings necessary for the change to occur. Sure, have determination, even strong determination. But have it as an attitude. Then, when you go to work Mind Magic, you won't need to try to motivate yourself to action. It will flow more naturally for you.

COMMAND

I have studied at least one modality that has used *commanding* as a step to create reality. First, I will say that I have used this successfully. Second, I will admit that I rarely take this approach. And third, I would like to caution you on using command as a means to work magic. The times I have used this

successfully have been cases where I had not even a shred of doubt in my mind. I simply commanded something, and it occurred. I'm sure you have seen some movies where powerful magicians issue a verbal command and powerful magic results. I won't say you shouldn't try this. However, when you actually give that command, you will probably find yourself doubting even in the very speaking of it. My success with commanding has been when I haven't thought about it. I just did it quickly and suddenly. If I were to stop and think about it, telling myself that I'm about to issue a command, doubt immediately sets in. Why? Because our conscious mind looks for it! It says, "What if nothing happens when you say such-and-such?" And then you begin to wonder if nothing will happen—or if something will happen. And that very wondering has created a seed of doubt. Don't bother commanding if you have any doubt. If you don't, then go for it!

BE THANKFUL

Give thanks for the new reality that you have just stepped into! Feel thankful for the desired changes—feel it as if it's already done! Gratitude is powerful, and it is taught in many modalities. Mind Magic is no exception. Feeling thankful for everything can completely change your life, especially if you practice gratitude daily. Yet, while it is super-important, I find that it's importance has to do with your level of personal happiness. I don't find that it's a necessary step to working magic. Yes, thankfulness can help you feel with confidence that the change is already done. This can only help strengthen your magical power. However, the quantum observer effect doesn't necessarily care if you're thankful. Remember, the science behind magic is triggered when reality is strongly *observed* to be something different. Gratitude can help you observe it that way by making you feel like it already is so. From this perspective, I would consider feeling thankful as part of the *feeling* and *knowing* steps.

RELAX

Some modalities teach relaxation as a method of releasing tension that you might have surrounding the desired thing. Some teach that it can help you feel more certain in what you are doing. Relaxing is a great idea. If you want to add this as a step to working Mind Magic, I would suggest you do it *before* you work magic. Take some deep breaths, maybe meditate. Perhaps

do something you enjoy, get away from a stressful situation, or otherwise allow your body and mind to relax. Then approach Mind Magic, with calmness and focus. You may have already noted that for some of the exercises, I tell you to first relax or take a deep breath. This is good practice always. Unless you are really good at magic, you shouldn't work magic directly from a stressful place. You may get results, but they might not be the ones you wanted.

RELEASE

Releasing here has to do with allowing things to be. Accept reality, as it is or as you want it to be. Accept either as valid. Let go of "wanting" or "needing". The last step of working Mind Magic, *letting go*, encompasses this type of releasing. A lot of modalities miss this important part of working magic or creating reality. They focus so hard of controlling your thoughts, almost as if you are forcing something to be. Releasing is about letting go of the tension. You aren't forcing it. You are allowing the energy to flow. That can actually be surprisingly powerful.

DETACH

Detaching is another form of letting go. It has to do with dissolving attachments to something—telling yourself that nothing has to be any particular way. You let go of the reality that you desire. It doesn't have to be that way. No change has to happen. You are detached from it. The *letting go* step of Mind Magic also encompasses detaching. We will discuss this in detail in the next chapter.

PERSIST

Persistence is powerful. Some of the most successful people in the world are where they are today because they persisted. Some modalities teach that when you work magic, you allow your mind to keep the thoughts going. Let the reality you have chosen *persist* in your mind, as you *persist* in feeling that it's already that way. The idea here is to allow some thought or feeling to keep going in your brain, continuing to work on changing your reality until the change is complete. This is a great concept, and I often use this idea myself when I'm working Mind Magic. However, I did not find it necessary to include as a separate step. If you properly follow the four basic steps, the

knowing followed by the *letting go* will naturally allow the feelings of your new reality to persist. But here's the trick: If you've already stepped into the new reality, there's no reason to attempt to keep any feelings going—they will automatically persist because that's how things already are! I will say this about persistence. While it's not a "step" to working Mind Magic, it can be very useful. I have had times I have worked some really powerful magic—let's say it was for my own health—and I haven't seen any noticeable change right afterward. But I really felt like the magic was working! So I just allowed myself to feel like it did work. I persisted in feeling like it was already done, to the point that I forgot about the health issue. If ever the issue came up, I went back to that persisting feeling that I had already taken care of that issue. Sure enough, every time I have done this, the problem has completely disappeared—although I can't determine when that happened!

Summary of Important Steps

In summary, can you see why I have honed down the working of Mind Magic to only 4 steps? I have just gone through 15 different steps that you *could* use to work magic. When I was first learning, I tried various combinations of these. I found that even 6 steps are a lot to try to remember when you're in the middle of working magic. After years of practicing, thoughtful meditation, and gaining an understanding of what works and what doesn't, I have determined the four most important steps to take to work magic in virtually any area of life: *see, feel, know*, and *let go*. I will quickly go back over the other steps and show you how they apply to the four main ones…

Desire, **choose**, and **intend**. Determining your core desires, making your firm and decided choice, and setting your intention for change are things to be done *before* you work Mind Magic. These are what is driving you to use magic to create change anyway, so you shouldn't have to think about them *while* you are working magic. **Visualize** and **feel** correspond to the first two steps of Mind Magic. **Believe**, **expect**, **trust**, **determine**, **command**, and **be thankful**. These are all things that you can work on building up within yourself, but they don't need to be steps in the process of working magic. I highly recommend you work on self-improvement apart from learning magic. This will, inevitably, make your magic grow and grow in strength and power.

Relaxing is a step that could and normally should be done before you step into any magic—at least, it will enable you to focus better and most likely create better results. **Release** and **detach**. These have to do with letting go, which is the last step of Mind Magic. And finally, **persist**. Persisting falls into the category of something you would do *after* you work Mind Magic.

Once again, I would like to emphasize the importance of *seeing*, *feeling*, *knowing*, and *letting go*. Learn these well and you will go far.

The 80% Rule

Have you ever heard of the *Pareto principle*? Also known as the 80% rule or the 80/20 rule, it has to do with the occurrence of 80% in many different unconnected things in nature. For example, 80% of sales come from 20% of customers, or 80% of taxes are paid by 20% of taxpayers. Mathematically, this rule says that 80% of effects come from 20% of the causes. You can look up the *Pareto principle* on Wikipedia to see all the different areas they apply it to, as well as some mathematical formulas for it. This "rule" seems to apply to various areas of life and nature in general. I feel that magic is no exception to this. Mind Magic may only produce the desired effect 80% of the time. Let me explain why…

Nature is very flexible. As I discussed earlier, quantum physics describes both matter and energy as being composed of "probability clouds" at their core. As we interact normally with reality on a day-to-day basis, we introduces causes that result in effects in the matter and energy all around us. When we deliberately utilize the quantum observer effect, we can create *unseen* causes to effects. All we are doing when we work magic is observing a given set of matter and energy in a different way. This can cause it to shift (either immediately or over a period of time) to actually *be* that way.

You may have noticed that throughout this book I have said "this *can* cause" or "that *may* happen" or "this *tends to*". This is because there is no solid guarantee. Just as we influence reality using the quantum observer effect, consider that others are also doing so—whether consciously or unconsciously. The fact that we are using unseen energy to produce a change in reality does not exclude the idea that other unseen energies may also be at work. We are not aware of everything that's going on in any given situation! For example, let's say you are working healing magic on someone to heal a

stomach ailment. Let's also say that this person has many reasons to keep this stomach condition. Perhaps this condition causes others to give them the love or attention they need. Perhaps it gives them time off work—or the ability to not work at all. You don't really know what's going on in the person's mind, especially their subconscious mind. And their subconscious could be producing strong energy to maintain their current condition. You can work magic on this person. You might be able to make some changes. But the energy shifts you cause might not have the desired effect because of a stronger energy that is at work. Even the greatest healers in the world, such as John of God, who works thousands of healing miracles down in Brazil, do not have a 100% success rate.

Why doesn't it always work, if it's following a real law of science? Well, the assumption is that the laws of science *are* holding true. It's just that there is something else we don't see going into the mix. Consider bowling. You might hit that center pin just perfectly to make it a strike. And yet only 9 of the pins fall. You had hit it just like that before and it was a strike. Why not this time? We understand that there are many factors at work here: the speed of the ball, the weight of the ball, any spin it might have, the point at which it hit, the angle at which it hit. It looks the same. We think it should have been a strike, but one pin was left standing. There are just too many variables at work to determine exactly why that one pin didn't fall. It may have to do with all the complexities of how each pin hit the next, their angles, spin, velocity, and so on. With magic, it's similar to this, except that many of the factors at play are not visible at all. This is especially true if you are dealing with something that involves the emotional energy, attachments, subconscious beliefs, and deep feelings of multiple people.

So here is my counsel to you: Don't let it bother you! Sometimes you may work magic and nothing may happen—or at least it may seem like nothing happened. It's okay. Don't worry. Focus on the successes you have. Don't even consider something that didn't work a failure. Just figure that there was some unseen energy at play. That unseen energy may have been something in yourself—or it may have been in another person or even in society in general. It doesn't matter. Just let it go. This is not a cop-out. You don't need to offer an explanation to yourself or anyone else about why your magic didn't work. This is one of the reasons that I said to not tell people you are working magic, at least not until afterward—it can make you doubt or feel

prone to try to explain the lack of results. You don't need to go there.

My goal with this book is to get you working Mind Magic with an 80% success rate (or better). I don't offer an explanation for why magic doesn't work some of the time. I don't need to. The sooner you learn to accept that not everything works the way you want it to, the sooner your rate of success will get to 80%—or beyond! Isn't success 80% of the time still worth learning how to work powerful magic? You don't need a 100% success rate with magic! Letting go of that need for perfection will actually bring you closer to it. My rate of success with magic is consistently over 80%. In some areas, it's approaching 100%. I think that letting go of it when it doesn't work is a major factor in what has gotten me to this point.

Here's how I want you to look at the 80% rule: Every time you work magic, you are changing the energy of a situation. This is a certainty. However, sometimes that change is not enough to produce a measurable effect due to a variety of other unseen causes. Or, it may have produced an effect that you have not noticed yet. Whatever the case may be, when you work Mind Magic, accept that you are *always successful*—even if you only "see" that 80% of the time! You put your thoughts and feelings to work and you made a change, no matter how small. The Universe is always changing anyway. Nothing stays static. You don't know that the change you made might have an effect later, when some other unseen energy gets out of the way. So get rid of all your doubts and just work your magic! You don't have to get the results you were after. Learn to let go of that. The next chapter is all about that—*letting go*.

Before we move on, I have one more tidbit that may help you. As I've mentioned before, when I first began practicing magic, I was creating a lot of negative things. I knew that I had caused them. I just didn't know why. I later found that this was due to emotional and psychological reasons in my subconscious mind. This is why I stress the importance of "cleaning up" your subconscious (see chapters 20 and 21 for tools on how to do this effectively).

Here's what I did to understand better how to work real magic: I looked at what happened in detail. Then I carefully traced my thoughts and feelings to see how they influenced the outcome. I did this over and over again until I understood what had actually happened. I came to "see" the hidden energies that were at play and how they played out in reality. This not only helped me understand how the magic I worked actually affected reality—it also helped

me uncover the hidden causes of the negatives within myself. So I recommend that every time you work Mind Magic, at least at the beginning, take a long look at what happened and see if you can understand why. Do this repeatedly, and you will begin to "see" the hidden causes behind all kinds of things.

Well, these last two chapters have been long ones. They contain all the details of what you need to know to actually work Mind Magic. Before we move on to a series of practice exercises, we're going to discuss the most powerful catalyst to making your magic take effect—often immediately.

7. The Power of Letting Go

When I let go of what I am, I become what I might be.
—Lao Tzu

Why It's Important

Have you ever seen the movie *The Secret*? It is a documentary film created by Rhonda Byrne. She assembled several powerful, successful people together to get them to discuss the power of the mind in creating your own reality. Throughout the movie, a lot of emphasis is placed on thinking and feeling to create reality. However, there is more to it than just that. The concept of *letting go* has been referred to as the "secret behind the secret" because they didn't really discuss it in the movie. I know that at first glance it may seem like a silly notion that letting go of something would have any power. But I cannot stress the importance of this enough. This is why I made it one of the four basic steps to working Mind Magic. And it's the final step: *You let go*.

Letting go, also referred to as *releasing*, is often the catalyst to making Mind Magic "kick in"—or any magic for that matter. Sometimes you will work some magic, doing this, that, and the other. You see it, you feel it, you even come to the point where you feel like you just *know* it's done. And then you get to the last step—you let go of it all. And *Bam!* Something happens. A change was made. Now you look at the situation and you see that it really is already done. This is why the distraction technique I taught earlier works so well. When you distract your conscious mind, it's like you're telling yourself, "Oh, this is already done, so I can move on to something else now." You're not *trying* to make a change. You're no longer even *doing* something to make a change. You're already *done*. So you let go of it and move on.

The act of truly *letting go* of your magic can be amazingly powerful. Let's say you are working some Mind Magic. You've gotten yourself to see and feel what you desire. You're using your hands to move energy around—playing with it, modifying it, tweaking it. You're making all of these changes in your mind. Because you are deeply into *feeling it*, both the conscious and

subconscious parts of your brain are involved. When you let go, it's like the conscious mind says, "Okay, I'm done here," and then the subconscious mind goes along with that. The change is then implemented easily and effortlessly. This letting go can make your magical changes so sudden and powerful that it can nearly knock you over. It's almost like the concepts you created in your mind get copied into reality upon releasing them. It's like you were building energy structures in your brain, sort of like a blueprint. Then you let go. You say, "Okay, this was a bit of work, but now it's done." And viola! You find that those energy structures have already been implemented into reality. One way you could think of working Mind Magic is that it's like building up energy "pressure" which is released upon letting go. The magic is then free to move the energy around and make the changes that were intended.

Mind Magic doesn't always work this way. Sometimes the letting go process may simply get energy to start flowing. The change is being made, but it takes a little time to complete it. That could be 5 minutes, an hour, a day, a week, or even longer. Obviously, we would rather make these changes faster—the faster the better. But for some of the things we change using magic, the immediate effect we see is that things *begin* moving in a different direction—toward what we intended and desired. This means that a change was actually done right then—when the direction shifted—and that change was the shift in direction itself. And, most likely, that shift in direction actually occurred right when the releasing was done.

A funny way that I have found this work—and one of the ways that I learned just how powerful letting go can be—is this: I would focus hard on what I desire, see it, feel it, convince myself that it is so. Afterward, I noticed that nothing seemed to happen. Then I figured, "Oh, well," and let it go without even meaning to. It's like I just *gave up* on it—but not in a disappointed or defeated way. I simply made it not important. Nothing had to change. I didn't care. The magic didn't *have to* work. And then, to my surprise, *it would*. Either things would shift suddenly, or later I would just notice that the magic had already worked. This has happened many times that I have worked magic.

Why It Works

Why does magic work this way? Why does letting go make it kick in? It

makes perfect sense if you can actually understand it. So now I'm going to help you understand it. As I described in the last chapter, the real key to utilizing the quantum observer effect to work magic is *knowing* that it's already done. This is because knowing is a strong *observance* of the reality you are looking at. This can trigger a reconfiguration of a given set of energy into the form it is strongly observed to be.

If you can get yourself to see, feel, and know that something is a certain way—I mean if you *really knew it*—you would no longer feel like something has to change. And so you wouldn't care if it changed. No, even better than that, you would care that it stay like it is because you see that it already is the way you desired it to be. But this is all great in theory. The trick is to get yourself to the *knowing* point. Remember, the subconscious mind is all about feelings. So, if you can truly *feel* that you already know it—that is, that you already do *observe as real* that which you desire—then the magic has been done. There's nothing left to do. But how do we get there? How do we convince our stubborn conscious brains to say, "yes, it's already done"? This is perhaps the most difficult part of working magic. This is the part that requires absolute faith without any doubt. Many people can see something and feel something. They can visualize, imagine what it would be like, and so on. But few people can *know* that the thing they desire is real, especially when that's not what their physical eyes are seeing.

This is where releasing comes in—and here's how it works: You just let it go, deeply. You've worked the magic—now trust it. Trust it so much that you see that you don't need to do anything else. Step into the reality where the change has *already been made*. You will feel yourself letting go automatically. Train yourself how to let go of things deeply, and it will be much easier to feel that you *know* that your magic is already done. The two go hand-in-hand, and so I go back to the concept that knowing helps you let go and letting go helps you know. The funny thing is, your mind doesn't know which ones caused which. If you release something deeply, your subconscious mind may think that it is already done and that's why you let go of it so deeply. It's like you are tricking your subconscious into getting to the knowledge point without having to push it there. You pulled the arrow back on the bow, you lined it up, you aimed it carefully, you visualized it hitting the bullseye. All the preparation has been done. The energy is there, ready to do its work. And then you just release it. Once you let it go, there's no reason

to be concerned about where that arrow will go or whether or not it will hit the bullseye. At that point, you just need to trust. You did the work. You put in the effort. You focused. You aimed. You saw the result ahead of time. You let go of the arrow. You already *know* the result, and so there's no longer anything to do. While it's in the air, you don't need to watch it any more. You can even look away, knowing that when you look back at it, the arrow will be there in the bullseye. Can you grasp this analogy? When you let it go, *it's done!*

Resistance to Negatives

As humans, we tend to hold onto things. Often these things are negatives that are in the way of our own progress. These negatives might be fears that something bad will happen, doubt that we are able to change anything, sadness that something is a certain way, or a myriad of other negative feelings. In the last chapter, I discussed the importance of seeing only the positive. However, sometimes we have hidden negatives that are holding us back. We need to let go of those negative feelings—completely—so that they don't interfere with any magic we are working. This can only benefit you, as every negative feeling you release improves your life.

Let's say you are using Mind Magic to heal something in your own body—perhaps it's an area where you have physical pain. As you step into working that magic, and you begin to take control of your feelings, you may notice negatives pop into your head. It could be doubt that anything will be improved. It could be fear that the pain will be there—or maybe that it will come back if you fix it. Pay attention to the feelings that come up when you go to work magic. Your subconscious mind is telling you something—and usually it's something you need to deal with if you want to truly progress. Learn how to let go of these feelings when they come up. The best time to let go of negative feelings is when they pop up automatically. At that moment, there is a current communication between your subconscious mind and your conscious mind. Your subconscious is saying, "No! Hold on! There's something wrong here!" If, at that point, you can allow yourself to let go of that negative feeling, you can communicate right back to your subconscious. It may be something like: "Yes. I acknowledge that, but it's okay. I'm going to release that feeling *now*." Then you let it go. Breathe out as you release the

feelings. This tends to make it even easier to let go of them. Afterward, as you step back into working magic, you should notice a significant change in the feelings that come up. Perhaps another negative will come up that you need to deal with—or perhaps the same one will come up but much quieter and calmer. Either way, you have made progress. Keep working on releasing your negative feelings until nothing is in the way—until you can step into working magic without any objection coming from your subconscious mind. This is when you have stepped into real power.

In some cases, you may have a personal reason to hold onto a negative feeling. It could be a belief that fear about something is protecting you somehow—keeping you safe from the thing you fear. In the case of personal healing, it could be that you have a reason to hold onto a physical ailment, such as a hidden benefit you get from continuing to have that condition. Strange as it may seem, we form attachments to negative circumstances, situations, or feelings. Release all of these negative feelings so that they don't get in the way of your magic. At least release the things that come up when you go to work on a specific thing, circumstance, or area in your life. If you can approach Mind Magic detached from negatives, your success rate will go up tremendously.

Remember, altering reality is all based on the quantum observer effect. If you have attachments to negative feelings, it may be difficult to get yourself to "see" past those. You may try to force your mind to observe things the way you desire them to be, while inwardly you know that you still feel those negatives. If your reality really was the way you desired it to be, would you have those negative feelings any more? Would you still be attached to those feelings? Or would you freely release them, never to pick them up again? Understand that your feelings already go along with your reality. They go hand in hand. As I said before, your subconscious mind doesn't decide whether the releasing caused the knowing or the knowing caused the releasing. It doesn't matter. Either could be true, and reality will be changed accordingly. So, if you *first* release the negatives, your subconscious may believe that you already live in a different reality, and that's why you don't need those feelings any more. And that's when the magic happens!

Resistance to Positives

Strangely, our holding onto positive feelings can also get in the way of working Mind Magic. Let me explain. Just as negative feelings are causing us to observe reality a certain way (thus holding onto it being that way), our positive feelings are causing us to observe reality a certain way as well. But it's not really the positive feelings themselves. It's how we relate to them. It's our *attachment* to them. Here's why: That attachment is actually putting out an energy that says, "Hey, this would be great *if only I had it!*" In this case, what we are actually observing is a reality where we *don't have* that positive feeling—we just wish we did! And so this works against us! We're telling the Universe that we are attached to having these positives because deep inside we really feel like we *don't have them*.

This is very important. Pay attention to your positive feelings. If you are visualizing a better life for yourself, pay close attention to how you actually feel about it inside. Do you really feel that you have it? Or is it just a wish—coupled with a dissatisfaction for not having it? If so, that dissatisfaction is a negative feeling that is in the way of your own fulfillment.

This concept applies to any magic you are attempting. If you see what you desire, you feel it deeply, and you strive to know that it is so, as long as you are holding onto it, you still have something in the way of that magic. If you truly know it, you will not need to hold onto it any more. In similar manner, if you completely let go of it, this can bring you to truly know it. To use the same arrow analogy: You have built up the magic. You have aimed. You are certain you will hit the bullseye—well, as certain as you can be. But if you never release the arrow, how will it be free to get there? Let go, and let the magic flow.

Let me give you an example. Let's say that you would like to use magic to cure your child who has suffered with a chronic condition. Perhaps "fixing" something big like this was the main reason you wanted to learn magic to begin with. As long as you hold onto that having to change, you will be thwarting your effort. Follow the steps. See what you would like to see. Feel it deeply. Convince yourself that it is already true. And then let go—truly, deeply let go. This means that you no longer feel like anything has to change. You no longer have to cure your child. You're okay with things as they are. Let go of the positives that you desire. Even though it is a great, positive, wonderful thing that you are doing, release any attachment to it happening. This frees your subconscious from holding onto any of the old

energy.

Remember, it's your feelings that create your reality. The feeling that your magic *has already worked* is a catalyst for change. That feeling is an observance of reality the new way, and it has the power to cause the energy to reconfigure into the observed reality. Conversely, the attachment or need for that change to actually occur is an observance of reality the old way. If you still want, need, or have to have something change, deep down you still *know* that it hasn't changed. Think about it. Those deep down feelings and that inner knowledge is still creating the reality that you don't want. To truly observe reality as different means that none of those feelings are there any more. Release the need, the want—the striving, struggling, or trying to change something—and you will find yourself free to change circumstances to be the way you'd like them to be.

How to Actually Let Go

As I've described, we form attachments to all kinds of things—both positive and negative. Release those attachments if you want to be powerful in magic. If you want to be crazily powerful in magic, release all attachments that you have to anything and everything. Freedom from attachment is intensely powerful. But how do you get there? How do you actually let go?

You simply have to do it. I know of no other way around this. If you want to be powerful in Mind Magic, you have got to let go of your attachments—at least to those things that are specifically related to the magic you are working. No, you don't have to release any and every attachment. But if you want to be perfectly healthy, work on letting go of all your attachments to health. Don't need it any more. If you want plenty of money, work on letting go of it. Don't need it. If you want to change your career, let go of any attachment to it. Release the need for it. This applies to everything you desire. Letting go is the last step to working Mind Magic, and it is a necessary step. Don't expect fantastic results if you skip out on this step. You may be perfect at visualizing, control your feelings, and changing belief to knowledge. But if you can't let go of what you desire, what you truly know deep down inside is that you *don't* actually have it—at least not yet.

Magic is not about controlling reality. The movies have taught you wrongly about this. When you work magic and cause a fantastic change to

occur, others may see this as control. They may think that you forcibly controlled reality to bend to your will. Yes, reality may have bent to your will, but I don't see this as forced control. When you use force in an attempt to control reality, you are *trying*. And that trying has an underlying feeling that you need to make something change. The need for change is actually rooted in a feeling that reality *isn't* the way you would like it to be. If you do this, you are working against yourself. To be highly successful in magic, let go of any need to force or control things. Letting go of any attachment to change occurring is a key.

What if you struggle? What if you can't figure out how to truly, deeply release your attachments to something? As I've mentioned before, there are tools to help you release deep-seated emotions and even lifelong attachments to your desires. I refer you to the best tool I know of for doing this in chapter 20. Aside from that, I will give you some tips I use to help me release attachments I have had to things…

Let go of any need for change. Focus on the thing you desire to change. Feel your actual desire for it to change. Let go of that desire. Get yourself to the point where you can say to yourself, truly, that you don't need anything to change. Nothing has to change. You will know you have deeply let go if you can truly feel that nothing needs to change at all and you are happy with things the way they are now. You don't need to actually look at the way they are now—if something is negative, looking at that might cause negative feelings in yourself. Just get yourself to feel happy with the way they are now —without any change happening. Some people say to just be content with your current situation. I don't find this to be a useful concept for making real changes. Instead, what I do is feel like it has *already happened*—like the change is already done—and then feel happy and content with the way it is now (in the new, changed reality). If you're already feeling like you're there, you can easily release the need for change.

Another trick is to just not care. I know this sounds kind of bleak, but it can actually be very powerful. You know what it is you desire to change. You feel it. Let's say you've released any attachment to it as much as you know how to do. Now, just stop caring about it. Really. Truly. Don't care. You may be surprised how this feeling allows you to just let go of it. I know, I know, you really do care about it. Maybe it's a person you are trying to heal. I don't mean to stop having empathy. I mean to not care about changing

anything. You work magic, and then don't care if it actually did anything. Strange as it is, this can actually cause powerful shifts in reality. It can give you a deep feeling that you already did let go of any attachment and that the change has already occurred—and this is why you don't care to change anything any more!

Again, refer to the last two chapters of this book for some great tools that can help you let go of your attachments, needs, and wants. These have the power to skyrocket you forward in the working of Mind Magic.

Gratitude - The Natural After-Effect

We discussed gratitude earlier as one of the steps many others recommend to change your reality. While I don't classify it as a basic step for Mind Magic, here I want to discuss how it relates to the *letting go* step. It's very simple…

If you have truly let go, you may have already shifted into the new reality. As a result, you may naturally find yourself feeling extremely grateful for the change that just occurred. Although gratitude is not a necessary step to working Mind Magic, I strongly suggest you take a moment to feel gratitude afterward when the magic has been done. This can confirm and strengthen your power to create change. But more than that, gratitude for something is a feeling we have when we actually *have* that thing. So, feeling gratitude for what we desire can be like stepping into a place where we already have it. Feel gratitude for what you desire *first*, and see how that works for you.

If you are struggling to get yourself to let go of attachments or needs, gratitude may be an extremely helpful feeling to have. Get into it. Feel thankful now. Feel thankful as if the thing you desire has already been done. See yourself already experiencing the success of the magic you were working, and then feel the gratitude of the completion of it. You are now observing your reality from the new perspective. This means that you are using the quantum observer effect to observe your reality now as already changed. This is another trick that can be tremendously powerful! Can you see how feeling gratitude for the changed circumstances can help you automatically let go of any attachment to them changing? Why bother holding onto attachments when you are already thankful for the change? If your subconscious can see this and feel the effects of it, it may automatically

release any feelings that are in the way. Give it a try. It works like magic!

PART III: PRACTICING MIND MAGIC

8. Relieving Stress

If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present.

—Roy T. Bennett

Congratulations! You've gotten to the first practice chapter. If you skipped ahead to get here, at least make sure you have read chapters 6 and 7 first. Assuming that you have, let's get down to working some practical magic…

For each of these practice chapters, I will provide exercises you can do pertaining to a certain area. For these exercises, I'm going to assume that you have some desire or intention to make a change before you step into working Mind Magic. This book provides you with many example exercises you can do. If any of them don't apply to you—or you simply don't have any desire or intention to create a change in that area—then feel free to skip them. Try out the ones that are more interesting, appealing, or applicable to you.

Also, for each exercise, read over it beforehand at least once. Choose a quiet place where you can be alone. Relax and clear your mind. Then follow the exercise, being sure to complete the four basic steps of *seeing*, *feeling*, *knowing*, and *letting go*. As you get more comfortable with these exercises and with practicing Mind Magic in general, you will likely find a favorite place where you can practice your magic. You may also discover the best ways to help you relax and clear your mind. You may like to take a few, slow, deep breaths, for example. All of these exercises could potentially be done with your eyes open or closed. Do what feels right to you. You might choose to have your eyes closed for some parts and open for others. There is no "right way". You need to learn about yourself here and find what works best for you. As you practice, you will get a "feel" for what works for you and what doesn't. Trust yourself.

Remember that if you need help with any of Mind Magic steps, the last two chapters of this book point you to some fantastic tools for improving your skills in seeing, feeling, knowing, and letting go.

Now let's talk about stress. It's not a great topic, but it's one that all of us,

to some degree or another, have to deal with. And it's an all-too-often ignored issue. Modern life, while full of many supposed "conveniences", presents humanity with stresses that we've never had to deal with before. Job stress, media stress, technology stress, time stress, and financial stress are just a few of the pressures that tax our minds on an almost daily basis. I have chosen to make relieving stress the first set of practice exercises in this book for two reasons: First of all, relieving your own stress in life can only help you improve in magical skills. Secondly, having the skill to remove stress will help you feel happier and be more productive in almost every area of life. So are you ready? Let's dissolve some stress…

Exercise 7: Dissolving Stress in Yourself

For this exercise, go to a quiet room where you can be alone. Relax and clear your mind using a method that works for you. This might be gentle, deep breathing, or it might be sitting back in a comfortable chair for a minute or two. Now, stand up and choose an empty space in the room. In that space, nothing should be in the way from the floor up to your own height. Next, I want you to imagine yourself in a state of complete peace. With your eyes open or closed, see a hologram of yourself directly in front of you, in the empty space. It is like you are looking in a mirror—only, instead of a flat reflection, you see a full 3-dimensional reflection of yourself. This can be in full color or not, depending on what you prefer. Notice that this is not just a hologram of yourself as you currently are. It is a hologram of you in a deep state of peace. You can see the peace on your own face. There is calmness, perhaps a slight smile—perhaps a broad smile! Notice that the hologram version of you is completely relaxed. All the muscles of your holographic body are completely relaxed, and yet you are standing tall, looking confident and happy. Spend a few moments examining this hologram reflection of yourself. Feel free to walk around it a little to get a view from different angles. This self looks so peaceful and happy. Imagine how this "self" feels —content, at peace, calm, gently relaxed and yet obviously confident and empowered. Once you have a good picture in your mind of your holographic reflection and you get a good idea of how your hologram self is feeling, I want you to step into that self. Physically walk into the space where your hologram self exists. Step into it until you and your hologram are overlaid on

each other in the same space. As you do so, notice how your own feelings are overcome by the stronger feelings of your hologram. It is as if you have just become that holographic version of yourself. Allow yourself to feel the powerful feelings that your hologram was feeling. Now you are both feeling them. Let the hologram sink into your physical self until you have absorbed it completely—or perhaps it has absorbed you. Either way, as you walk away from that space, feel that you are now as calm, peaceful, and relaxed as you saw your hologram to be. You now know that you are that peaceful, calm, happy self that you saw you could be. It is now the way you really are. Take a deep breath. As you breathe out, feel any tension and stress that the "other you" was feeling completely melt away. Let it all go. And now it's done.

Exercise 8: Dissolving Stress in a Room

Have you ever entered a room and felt the stress that permeated it? Or maybe you've been in a room and someone has entered, bringing with them a ton of tension. Or perhaps a conversation becomes heated and the tension mounts. In all of these cases, it would be useful to be able to dissolve the stress in the room or within a certain space or area. If you are in such a situation, you may not be able to escape to be quiet and alone. If you can, great. If not, just do this exercise right where you are. First, relax within yourself. This is important. You wouldn't expect to remove tension outside of yourself if you haven't first removed it within. You may not be able to use your normal or best method for relaxing. That's okay. Just take a deep breath. As you let it out, let go of any stress within yourself. Perhaps you can imagine yourself quickly stepping back into the relaxed state you got to with the last exercise. Now, with a calmness in your demeanor, ignore the stress of the others around you and look around the room. See the tension that is there, as if it was a visible thing. Then see and feel a wave of peace coming over the room. Make sure you both see it and feel it. See it in your mind's eye, perhaps like a colored energy or a ghostly wind sweeping in. Feel it's growing presence with all the feeling that you can. At this point, you have taken note of the stress and you are choosing to ignore it—not that you don't acknowledge it is there, but that you choose to not let it affect you. As the peace fills the room, see the tension dissolve or depart. See the peace coming in like a powerful pressure field. It doesn't allow any tension to be present with it. So as it comes, the stress must leave. Imagine this powerful field of

calmness sweeping into the room and blowing the stress away like a strong wind. There are a few ways to do this. You can see the peaceful energy coming in from the right and moving to the left, pushing the stress out to the left. You can see the peaceful energy coming down from above, crushing the tension and blowing it out in all directions. Or you can see the peaceful energy emanated from yourself or perhaps from behind you, sweeping out in front of you and pushing the stress out or blowing it away into the distance. While this takes some time to describe, all of this should only take a matter of seconds to do. When you are done, completely let go, allowing yourself to see that there is only peace left. It gets easier and easier each time you do this.

You can also do this exercise in a vehicle, although be sure to pay attention to the road if you are driving. One way I have dissolved stress in a contentious vehicle is to relax for a moment and then visualize a yellowish glowing ball of peace energy. I see and feel it coming down through the roof right in the center of the vehicle. It then expands outward, like a slowly-exploding peace bomb, until it fills the vehicle. It can grow eerily quiet after this, as this magic tends to act very quickly. Just as others can feel the tension of someone that is stressed-out, they can also feel the calmness that emanates from you as you do this exercise.

Exercise 9: Dissolving Stress Around a Circumstance

The Mind Magic for this exercise will be easiest to accomplish alone in a quiet space. Relax and clear your mind using whichever method you have determined works best for you. Be sure you really get yourself into a calm state before you begin, even if it takes you a little time. Once you are calm and in control of your feelings, choose an empty space in the room. Think about the particular circumstance or situation that you wish to work with. With your hands, form a sphere in the empty space in front of you. As you move your hands over the surface of the sphere, allow all of your feelings and thoughts about that stressful circumstance to move into the sphere. Take a few moments to do this until you can see and feel that the sphere contains all of the stress and tension that surrounds the situation. You are entrapping it there. You are acknowledging the existence of the stress, but it cannot escape the sphere. It is contained. It may be swirling around in there with a vengeance, but it doesn't matter. It's trapped. It will now be easy to work with and change the energy of that situation. With your hands, create another

sphere directly above the first one and of the same size. Let this one contain nothing but peace—stillness, calmness, relaxation—the exact opposite of tension. Move your hands over the surface of this second sphere until you see that it is filled with only calmness and peace. It is filled with a completely peaceful energy and nothing else. Now, take a moment to look at the two spheres. In the lower one, you see/feel the tension of the circumstance you are working with. In the upper one, you see/feel only peace. Once you are there, take hold of the upper sphere with both of your hands. Gently and yet firmly move it downward into the other sphere. In your mind's eye, watch it move down. You may have strong feelings when it contacts the lower sphere and even stronger feelings as it penetrates into it. Keep moving it downward until the sphere of peace completely engulfs the sphere of the circumstance. You may feel it "click" into place once the two spheres are fully superimposed over each other. See that the peaceful energy is now filling the sphere of the circumstance, overpowering and disintegrating any tension. Now take a look at the two spheres overlaid on each other. It is now one sphere, filled with both the circumstance and the calmness and peace. See how the situation has changed? All you have to do now is let go. As you let go, allow the sphere to disperse into the empty space in front of you. Breathe in and out deeply. You're done. There's nothing else to do. Feel free to go about your day when you are ready. Take note of any change that might have happened, but don't try to force anything.

Exercise 10: Dissolving Stress in Others

For this exercise, I will first say that the intent here is to help relieve stress in someone that desires to be helped. I do not teach magic that involves forceful control over others. If the person you want to relieve stress in is an enemy or someone you are at odds with, I recommend that you do the exercise to dissolve stress in yourself and then approach them from a place of calmness. If you are having a fight or disagreement with a partner or loved one, I still recommend that you work on yourself first. You may be surprised how you can calm someone else down by calming yourself down, especially if they are tense due to the dynamics between you. So I'm going to assume that you are working in this exercise to reduce or remove the stress in someone who is willing to be worked on. Before beginning, make sure you

are calm and relaxed. If you are not, take a few moments to get there first. Go to a quiet room with the person. If appropriate, you should be alone and undisturbed with this person for a few minutes. Have them sit or stand in front of you. Holds your hand out in front of you for a moment. Let the calmness and peace that you feel within yourself come to the surface of your hands. See it and feel it there. If you truly are relaxed and peaceful, this should be easy to do. Once that feeling is there, gently place one of your hands on top of the person's head and the other hand on their belly. Stress is often felt in the human body in the head, the heart, and the gut. You may be able to "see" this person's tension—which of these areas it is in. Perhaps it is in all three places. Now, feel a strong peaceful energy coming out of the palm of your hand that is on their head. Watch it come down and fill their head. It is filling their mind with peace. As this peaceful energy descends into the person's body, it pushes any stress and tension down from the head into the heart and chest. As the peace makes it way down to the heart, it pushes all the accumulated tension that is there down into person's belly. Keeping the palm of your other hand on their belly, let your fingertips bend outward or downward. These will be the outlet for the person's tension. As the peaceful energy comes down into the person's gut, allow all the stress that is there and the accumulated stress from above come out of your fingertips. See this strong energy field of peace and calmness gently push all stress and tension out through your fingers. It may be helpful to breathe out audibly as you do this, blowing out of your mouth. It is like you are creating a wind that is blowing the stress away. Keep doing this until you see that all the tension is gone and peace has filled the person's body from the top of their head to their gut. When this is done, let go of the person's body and relax. Continue to let go of any need for anything to change. Nothing has to change. It's already done!

9. Project Magic

Close both eyes to see with the other eye.
—Rumi

Why project magic? Well, we live in a modern world where projects are a part of our everyday lives. If you are an adult, you probably have multiple projects you are working on. These might be at work, at home, or even just a hobby. This is an area that hits home with me because I used to have a lot of stress that surrounded projects I was working on, especially home improvement projects. I seemed to have a lot of "bad luck". Although I had no idea at the time, this was just my subconscious mind creating problems for me. A task that I thought would take an hour ended up taking four hours. My wife began to expect that when I said something would take me a certain amount of time, she should double it and then add an hour. Needless to say, this created a great deal of unpleasantness for me. Years ago, when I began to dabble in magic, it dawned on me that perhaps I could use it for projects. I began a new habit of pausing for just a few minutes at the beginning of my projects to work some good magic for them. The results were astounding! Instead of taking much longer than expected, I was able to resolve or avoid difficulties easily, and I began completed things even faster than I anticipated. I then started applying this simple magic to projects I had with my work. And presto! I was able to get past difficult issues, find solutions to problems, and complete various tasks faster and easier than before. This is why I want to share with you some simple Mind Magic exercises for making your projects easier, both at work and at home. This can save you so much time, thus allowing you to have more time to practice magic and to complete many of the other exercises in this book. So let's begin…

Exercise 11: Making Home Projects Go Easier

Do this exercise just before you begin working on a project at home. This could be a home improvement project or a hobby or other personal project. Relax and clear your mind. Your mind may be filled with a bunch of ideas of how you will complete your project—or perhaps what your next steps are.

Set that all aside for a moment. Let go of all the ideas of *how* you will accomplish the project and allow yourself to be open to other ways to complete it. The "how" is not important. Once your mind is cleared of the steps or subtasks you must complete, close your eyes and visualize the finished project. See yourself walking around and looking at it. Everything looks finished. Imagine every detail—not *how* it was done, but *that* it is done. You know that what you are seeing is just in your mind. It's an energy space where the project is already complete. Perhaps you see this as a future space. See yourself in that space, looking at the details of the finished project. Now step into that self. You are there in your vision. It might feel like you are in that future space. It doesn't matter. You look around and see the whole project as it has been done. You feel that it's done—properly, easily, correctly, in the most efficient manner possible. Now completely let go, breathe out, and relax. Open your eyes. This simple exercise can make an astounding difference in your projects. You may find that you suddenly have an idea of a better, easier, or faster way to accomplish the next steps. You might find yourself considering rearranging the steps because you suddenly see a more efficient path to the whole project.

This exercise only uses your mind, allowing your body to relax and "do nothing" in the process. An alternative to this exercise, which you might find even more powerful in its results, is to go alone to a quiet room with an empty space in front of you. In the empty space, visualize the completed project and see yourself in that space looking at it. Then, physically step into your vision self in that empty space. As you do so, see that you can now see the completed project from within that space rather than from outside of it. This act of using both your body and your mind to simultaneously step into that future space can cause your conscious mind and your subconscious mind to be totally in agreement about what is happening. You might find this to have a more powerful influence over your home projects. Either way that you do this exercise, when you are done, completely let go. Don't worry about how the tasks will be done. Approach the project with a clear and open mind and trust that you will receive whatever guidance and inspiration you need to complete it successfully and easily.

Exercise 12: Completing Work Projects

Use this exercise to help you complete work projects, especially if you

have a project or task that is daunting, has difficult issues, is dependent on the input of others, or has a tight timeline. You may desire better communication and cooperation within your team, across teams, or even between companies. You may desire to receive answers from other people that you are waiting on (who perhaps don't have the same priorities that you do). You may desire to accomplish the task or project by a certain deadline or to just get it over with quickly. You may desire to impress your boss with how well or how fast you completed the project. Whatever the case may be, you can throw all of these things into this Mind Magic exercise. Avoid trying to direct control any other person that you might be waiting on. During the exercise, you can give them a gentle "nudge", but don't attempt to control them.

For this exercise, you can go alone to a quiet room where you can focus—or it may work better for you to sit at your desk with your computer in front of you. Clear your mind. See the project or task that you have in front of you, noticing specifically the part that is bothering you at present—waiting on others or the timeline or perhaps an issue you're having trouble getting past. Now, gently but firmly set that issue aside, whatever it is. It may be helpful to see the issue contained in some space in front of you—perhaps it is on your computer screen—and then reach out with your hands, wrap them around the issue, and then move that energy off to your left. It is now in the past—no longer in the present. See the project or task again. If there are any other issues you see, do the same thing, moving them aside. Keep doing this until you can "see" the project in front of you without any issues. Get a clear picture in your mind of what the finished product will be. This could be an email from another team with the information you need in it. It could be a picture of the finished task on your computer. It could be a "well done" response from your boss. It could be a combination of things. At this point in the exercise, keep adding whatever feelings and concepts you desire to the picture of the finished project until you see it as completely done. The answers were received, the difficult issue was resolved, the boss was impressed—whatever you desire here. If this naturally brings a smile of satisfaction to your face, then you're doing this right. Once you are at this point, use your hands—or both hands if that feels right—to reach out into the space where you are seeing the completed project, done the right way (the way that you desire it to be). This might be the empty space in a quiet room, or it might be the screen of your computer. Whatever the case may be, use a

hand or two to connect with that space. Feel yourself connect with that space in two ways: you *see* it (your conscious mind connects) and you *feel* it (your subconscious mind connects). This brings you to an overall *knowing* that it's easy—or perhaps that it's already done. As you let go of that space with your hands, feel yourself letting go of all attachment to the project being completed at all. Just completely let go of it. Breathe out and totally relax your body and mind. When you're done, go about your work. Now that the change is already done, you may find yourself inspired, alert, aware, or even filled with clarity on what to do next. But don't push it. If you don't feel any such inspiration or clarity, don't worry about it. You may still be holding onto it too much. Move on to some unrelated work for a while. This can distract your mind, causing you to let go and bringing the answers or direction you need when you aren't even expecting it.

Exercise 13: The Fastest Path to Fixing Things

My kids have a lot of toys, and sometimes they break. And, of course, they bring them to me. They expect that I can fix anything (and I normally do). For some things, the fix is obvious. Other times, I'm not sure how to go about fixing a certain object. This is where Mind Magic can be quite useful. I find that taking a minute or two to step into magic with the object generally saves me a good deal of time in the long run. Using this simple exercise, I have found that I have been able to quickly and directly fix all manner of things, from toys and decorations to electronics and even cars. Sometimes, however, this exercise will point out in the first minute or two that the object is beyond repair or simply not worth repairing. Incidentally, as I was writing this exercise, I thought that it would be helpful to actually work some of this magic just before I describe how to do it. It just so happens that I had sitting on my desk a broken spinning light toy that one of my children threw across a room last night. It was a very cheap toy—one that we picked up at a Fourth of July celebration. You press the button and the colored lights spin around and around. My little girl loved this simple toy and has been carrying it around for days. When I picked it up last night, it was unresponsive, and I almost tossed it in the trash. I didn't want to throw it out in front of my little girl, so I carried it up to my office and set it on my desk. I was thinking I'd throw it out in the morning when the children wouldn't see or be sad about it. I was almost sad myself for my child's sake, but I decided not to have any

negative feelings about it. Now, as I am writing this exercise, I saw it sitting there. *Why not?* I thought. So I paused my writing, took the broken toy, and stepped into a magical realm with it. It only took me about thirty seconds to work the Mind Magic, as I'm quite used to doing this. Then I spent several minutes actually fixing the toy. Sure enough, within about 7 minutes from the time I thought about fixing the toy, it was in my hand spinning its lights again as if nothing had ever happened. I'm excited to go give this to my little girl when I'm done writing today. This exercise describes exactly what I did to get this to work.

Go somewhere alone with the broken object where you won't be disturbed for a few minutes. Set the object down in front of you. Relax and clear your mind using a method that works for you. Dismiss the idea that the object is broken. Remove any concern about it. Using both your hands, create a small sphere of energy just above the object. In that sphere, see the object as it was before—completely functional. If it helps, see the object being used normally by the person it belongs to. In the case of the spinning toy I just fixed, I saw within the energy sphere the toy completely functioning without any issue. Overlaid on this, I saw my little girl holding it in her hand and smiling, as she had done before. Keep your hands on the energy sphere as you do this. Once you have a good, happy image of the object in its completely functional state, grab hold of that sphere firmly but gently, and move it downward over the object until it completely envelops the object. Feel the object connect with that sphere of energy as if they were one and the same thing. This should feel almost like a "click" or other shift in energy. The object is now fixed—at least in an energetic state. Knowing that it's fixed, completely let go of the sphere of energy, letting go of any attachment to making any change with the object. When you have fully let go, the magic is done. You can pick the object up and set about to fix it. If you have done this correctly, it should be easy to see the best, fastest, or most complete way to repair the item. Go ahead and do the repair.

10. Time Magic

The distinction between the past, present, and future is only a stubbornly persistent illusion.

—Albert Einstein

By time magic, I'm not talking about time travel or altering the past. Time is very mystical. Altering timelines in the past or future can result in immediately effects in the present, but these are much more advanced concepts. If I turn this book into a magic series, my next book will expand on the concept of playing with time and timelines in various ways. For these time magic exercises, we will be modifying your perception of time and your relationship with time.

Exercise 14: Playing with Travel Time

In our modern world, we travel a lot. In many cases, the amount of time it takes to travel is an issue. This exercise can help you adjust your travel time in many different circumstances. While I have experimented with undoing traffic jams, causing cars to move faster on freeways, and things like that, I have learned something important here. When we want transportation to go faster, the real desire is usually what time we arrive at our destination. If we are trying to get traffic to flow faster on a bogged-down freeway, for example, we may be losing track of what it is we really want—to get somewhere on time. This can be accomplished in a variety of ways that may or may not involve unclogging the freeway. For example, the desire to get on a connecting flight could be met by your getting to the gate on time—or by the flight getting delayed just enough for you to get on board. Rather than focusing on the steps in between, we must focus on the end goal of what it is that we desire. So, for this exercise, the first thing you need to do is distance yourself from what you *think* has to happen in order for the end goal to be met. Besides, if you are frustrated with the freeway traffic, that frustration is likely to get in the way of your working any magic to change it. So get clear on what it is you desire. Is it to be somewhere at a certain time? To make it onto connecting transportation? To arrive somewhere before someone else?

Whatever the case may be, get clear about it and focus on that for this exercise. Now for a word of caution. If you are driving, don't be working Mind Magic at the same time. Working magic can take your attention and your mind's vision elsewhere besides the road you should be watching—so don't be foolish with your new skills! Pull over and park to work your magic. Got it? Then let's proceed.

Relax and clear your mind. See with clarity what it is you desire in relation to your travel time. In your mind's eye, create a little energy bubble just in front of you and a little off to your right. In this bubble, see what it is you desire. If it's to get somewhere at a certain time, see the clock at precisely the time you choose to arrive. I suggest seeing an exact minute or a range of a couple of minutes. I also suggest that you see that time on the clock you will look at when you get there. This might be the clock in your car or on your cell phone. Being specific can make the magic stronger and your mind more certain. If what you desire is to get on board connecting transportation, then see yourself getting on board in a relaxed manner. Couple this with a feeling of relief that you made it on time. If what you desire is to arrive at a certain place before someone else, see yourself already there when that person arrives. Make the feelings clear. Feel what it is like to have already been there for a short while when the other person showed up. You are relaxed and smiling because you made it! See all of these things contained within the energy bubble just off to your right. See the surface tension of this bubble. It sort of flexes and wiggles like a giant soap bubble in the air. Reach out with your right hand and insert it directly into the bubble. As you do so, see and feel the bubble "pop". This pop explodes its surface, shooting it all around you. You instantly realize that you are now inside the reality of that bubble. It already *is* your reality! And the time magic you worked is absolute destiny. With certainty of this knowledge, completely let go of any tension about it. Allow yourself to just freely feel relaxed and calm as though you are already there, you already made it, it already happened—and you are satisfied! Now go about with your travel plans peacefully. You may find a shortcut or another route—or perhaps another event may occur to allow the desired reality to easily present itself to you. It doesn't matter. Just let go and go with it.

Exercise 15: Meeting a Deadline

Use this exercise to meet any kind of deadline. This could be for a work project, for a loan, or even to make a purchase while a sale lasts. As you do this exercise, remember that the effects of working magic are not always what we expect them to be. For example, the deadline could change at the last moment—or even after the fact—in order to bring about what it is you desire. Be open to a variety of possibilities for turning your choice into your reality.

Relax and clear your mind. With your mind's eye, see a timeline in front of you. The past is on your left, the future is on your right, and the present is directly in front of you. Reach out with one hand and touch this timeline. Slide your hand back and forth across the timeline. As you slide your hand to the left, feel various things in your past (your memory). As you slide it to the right, feel various things in your future (your expectations). Bring your hand back to the center and see that this is where you are *now*. Next, you are going to slide your hand along the timeline to the right again—this time very slowly. As you do so, feel for the place in your future where the deadline exists. When you feel it, let your hand rest there for a moment. Acknowledge the location of the deadline on the timeline. Be relaxed about this. Be "okay" with that deadline. Bring your hand back to the center—to the present moment. Again, slowly slide your hand along the timeline to the right. This time, you are looking for the thing that you desire—or perhaps the thing you think you "need" before the deadline. If it is a work deadline, this thing might be the accomplishing of a certain task or set of tasks. If it is a loan deadline, this might be completing certain paperwork or acquiring documents. If it is a sale deadline, it might be having the money to make the purchase before the sale expires. When you find where this *thing* is on your timeline, note whether it is before or after the deadline. If it's after the deadline, don't worry about it, as this is why you are doing this exercise. If it's before the deadline, go ahead and let yourself sink into that reality, knowing that the thing you desire will be accomplished in time. If you can't tell it's relationship to the deadline—or perhaps they are nearly overlapped, continue with the exercise. What you are going to do next is very powerful. With your hand, touch both places that you have identified on the timeline, even if they are too close to tell them apart. Alternately touch the location where you have the thing you desire and the location where the deadline exists. Lightly grab each of them with your hand. Wiggle them a little. Figure out which one feels more "loose". Now grab a hold of the one that feels more loose and move it either

forward or backward on the timeline, whichever you prefer. It could be that both feel loose. In this case, grab each of them and move them around a little. When you let go of the timeline with your hands, be sure that you have left the thing you desire at least slightly to the left of the deadline. This will create a feeling that you made the deadline. Whatever you needed to do or accomplish beforehand is certainly done in time. Allow yourself to feel what it is like to have done it in time for the deadline. Remember that it doesn't matter if the deadline has moved or not. Even if you have moved the position of the deadline on your timeline, this doesn't *necessarily* mean that the deadline will actually move (although it might). The important thing is that you see and feel that the thing you desired was accomplished before the deadline came. Feel this deeply until you *know* it. And then completely let go. Allow the timeline you see in your mind's eye to just dissolve, knowing that it's already set. It's destiny.

Exercise 16: Giving Yourself Time

This exercise is for giving yourself time for something. That could mean time for a task, project, hobby, relationship, or even just time to relax. First, determine exactly what it is you truly desire. Saying, "I wish I had more time" is not specific enough. Determine what you want to do with that time. Go alone to a quiet room. Stand where you have an empty space in front of you. Relax and clear your mind. Reach out with both hands into the empty space and create a sphere of energy with them. Make it fairly large. Run your hands along the surface of the sphere. At first, the sphere is empty—just an empty space, like the page of a book waiting to be written. Next, see yourself in that sphere of energy like a 3-dimensional hologram. Your hologram is doing that which you desire to have time to do. If there's something specific you desire to do, see yourself doing that in a relaxed manner. The look on the face of your holographic self indicates that you feel that you finally have the time to do that thing. If it's as simple as just having time to relax, then see yourself as a relaxed person, kicking back with nothing else to do. Either way, it's a wonderful feeling. See how that version of yourself in the energy sphere is enjoying the time to do what you desire. Now, physically step into that energy sphere that you have created. Place your physical body in the position of your holographic self, superimposing the one over the other. As you do this, feel yourself stepping into that self that is already enjoying the

time to do what you desire. Feel it deeply. Allow that sphere of energy to spin around you, collapsing inward as it does so. When the energy sphere collapses into your body, allow yourself to feel the shift in your reality. Be aware that you have now become that person in your vision. You *know* it. You know it so well that you just completely let go of any tension about having the time. You already have the time, so just let go!

11. Health and Wellness

To keep the body in good health is a duty… otherwise, we shall not be able to keep our mind strong and clear.

—Buddha

Health and wellness is, of course, important to everyone. This chapter contains a variety of exercises you can do to change your health and the health of those you love. As I stated towards the beginning of this book, I have stayed well consistently for years, even if those around me have been ill in various ways. I have also increased the overall health of my body tremendously, especially over the last couple of years. Use these practical Mind Magic exercises to do the same for yourself and your loved ones.

Exercise 17: Stay Well in the Midst of Illness

You can use this exercise when you are exposed to people that have any kind of illness. You can use it when you think you *might* be exposed to such or if you are simply going out in public during a time of illnesses being passed around. You can even use this when you feel like symptoms are starting to reveal themselves in your body. Now let's stop talking about illness and speak only of wellness. As you relax and clear your mind, let any concept of sickness disintegrate and vanish from your awareness. You may find it useful to stand up during this exercise. As you stand, allow yourself to feel a sense of confidence and power, health and well-being. In your mind's eye, look within your body, as if you are analyzing it like a scientist. You can see the blood pumping through your veins. You can visible see the presence of particles in your blood that represent your body's immune system. See how powerful it is. It's like a fire in your veins. Feel the fire of your body's powerful immune system working within you. Feel it pumping through you. Any invader that tries to come into your body is immediately destroyed by your powerful immunities. It is like those cells in your blood that keep you well have been turbo-charged with acute awareness of invaders—as if you already have full immunity to any invader that comes near. Your immune system is working perfectly. No, better than that, it's working like you are

superhuman. It keeps you perfectly healthy no matter what you are exposed to. Invaders have no chance at all. The powerful immunity fire in your veins destroys them on contact. Touch your body with your hand—or with both of your hands. Allow yourself to feel this incredible power in your blood. You stay healthy. No matter what. *Feel* it. *Know* it. And just let go, knowing that you are healthy and will stay well regardless of anything else. Breathe out and feel the release of letting go of all tension. Relax and go about with your day.

Exercise 18: Making Loved-Ones Stay Well

This is a little more advanced, but I'm going to give you this exercise here because I think a lot of people will want this. You can use this exercise to protect someone you love from illness and to keep them healthy. Use this when someone you love has been or will be exposed to any kind of illness. If the person you are doing Mind Magic for already has symptoms or has already succumbed to some sickness, then use Exercise 24 instead. For this exercise, we're going to use the timeline concept again. Go to a quiet room where you can be alone. You can sit or stand, whatever feels best to you. Your eyes can be open or closed. Relax and clear your mind of everything but the loved one you are working with. Imagine them vividly in your mind's eye. See a small image of this person in their currently healthy state. See this directly in front of you. Reach out with both of your hands and wrap that image in an energy sphere of a color that indicates health to you. Once you see the sphere there, grab a hold of it. Notice that the sphere you are holding of this person in their healthy state exists right in front of you—in the present moment. Notice that the sphere is in the *now* part of a timeline that extends to your left (into the past) and to your right (into the future). Gently but firmly begin to slide the sphere to your right—into the future. This part is important: As you move the image to the right, hold onto the vision of your loved one staying in that perfectly healthy state. You may see flashes of this person getting some illness at particular points on the timeline. This is coming from your subconscious. This is your opportunity to reprogram that and overwrite those images with the one you have chosen—the image of the person staying healthy. Do not allow yourself to see anything else. Firmly but decisively move the energy sphere down the timeline, insisting continually that this person stays healthy at all of those points along the timeline. Keep that

healthy image clearly in your mind. Nothing else can come into the energy sphere. Move the sphere with the image to the right to a point past all of the perceived threats. See how they made it through all of that time while maintaining perfect health. Once it is at the preferred point on the timeline, keep your hands holding onto it. Quickly glance back and forth along the timeline from the present to this future point. See that all along the timeline the person has maintained a state of health. Let go of the sphere with your hands. As you physically let go, emotionally let go. Release any tension about it. It's done. Go about your day with confidence.

Exercise 19: Increasing Your Overall Health

Today, I live a vibrantly healthy life. In general, I wake up every morning feeling fantastic. I am healthier now and I feel better in my body today than I did 10 or 20 years ago. How did I get there? I used magic. Sure, I've made significant changes to my diet, my lifestyle, how I exercise, etc. But I started the process of change by utilizing magic. Of course, I had to begin with the desire to become tremendously healthy. Do you have such a desire? Then this exercise is for you! I recommend that you work the Mind Magic described in this exercise repeatedly, every now and then over the course of weeks or months. Since your overall health can change from day to day over a long period of time, working this magic over a period of time is appropriate. And the repetition will confirm to your subconscious that this is truly what you desire, more and more. After you do this exercise, you may feel better right away—but don't be surprised if you receive information that you've never come across before. Such information may direct you to make changes in your diet, sleep patterns, work, exercise, or other areas of life. You may find your priorities changing. You may meet someone who has made similar changes to yours that can help you reach your health goals. Pay attention to what the Universe is sending you. For example, you may be directed to significant changes in how, what, and when you eat that will boost your health into the direction of the magic that you worked. Are you ready? Then let's begin…

Go to a quiet room where you can be alone for a short time. Sit in a chair with a space in front of you on the floor. Relax and clear your mind. Imagine a bright cylinder of energy coming up out of that space on the floor. Reach out with both of your hands and feel the sides of the cylinder. Feel the energy

of it. This may feel electrical or like a tingling in your hands. Use your imagination. The cylinder is filled with light. Next, directly in the center of this energy chamber, see a holographic version of yourself. This version of you is healthier, happier, content with how your body feels. Whatever your health goals or desires may be, add them to this vision of yourself inside the cylinder, one by one. Take your time if you need to. The holograph of the healthier "you" is standing there, looking down at you as you are sitting in the chair. With each healthy aspect you ascribe, you can see that your holographic self is feeling the feelings of already having that condition of health. When you can see that your vision self is as healthy as you desire to be in every way, stand up and walk a little around the cylinder, all the time looking over that healthier version of you. Your holographic self may watch you as you do this. What is it like to feel as that vision of you feels? Wonder what that is like as you walk behind the hologram. Now, leading with your hands, step into the energy cylinder. Step directly into your holographic self, lining up your body with your hologram. Allow yourself to feel the tremendous feelings of that condition of health. You may find yourself standing taller as confidence and power fill your body. See how you are inside the cylinder of light, looking out. You are no longer in the chair, separate—for the chair is empty. You and your holographic self are now one! Feel what this is like, deeply. Allow yourself to sink into the feelings that your vision self has until you *know* that you have that same wonderful condition of health. Feel that you have the perfect fulfillment of your desires for excellent health—exactly as you have decided for yourself. Stay there as long as you like, feeling what it is like to have that health—seeing the world from within a body that is experiencing that health. To end this exercise, allow the energy cylinder to collapse inward upon your body. Feel a surge of energy as it does so. This collapse finishes the idea that you and your holographic self are one. As you walk away, that holographic self is now overlaid on your body. It goes with you. Allow yourself to continue to feel it. You are so certain of it that you can completely let go of any tension about your health. *Totally let go*.

Expect your health to change for the better in the coming days. As you go about with your life, be open to new information that may come your way. Be aware of it and become alert when you see it. This will likely be in the form of information that will inspire you to make changes related to your

physical health. This doesn't mean that anything that comes your way is the right path for you. When it comes, check it out and see if you have a strong feeling that it's meant for you. You will know.

Exercise 20: Avoiding Causes of Poor Health

This simple exercise is useful if you have been, are, or will be exposed to illness, disease, chemicals, or risky situations—such as a work location that is prone to accidents. Use this exercise especially if you work a job that exposes you to such dangers on a regular basis. Even if you aren't exposed to dangers, you can still use this exercise to keep the "bad things" out and away from your own health. Alone in a quiet room, relax and clear your mind. You can do this exercise sitting or standing. With your hands starting at your belly (if you are sitting) or at your sides (if you are standing), spread them upward and outward. Imagine that you are forming a sphere of energy around yourself as you are doing this. Make this sphere large enough to completely surround your body. This energy sphere is where *you* are. You are contained within it. Feel that strongly. One by one, bring to mind the threats, dangers, or conditions that you may be exposed to. With your mind's eye, *see* where each one of these is located. Is it inside the energy sphere or outside of it? If it is outside it, then let it go. It's not really a threat. You can see that and you know it. If it's inside the sphere, then move it outside of the sphere. Wherever it is, grab it and push or throw it outside of the energy sphere. Using your hands to do this is a good way to link your conscious mind to your subconscious mind. After you have moved each danger or threat, see that it is outside of the sphere. Not only this, but it can't get into the sphere on its own. The energy is impenetrable. The danger has no choice but to stay outside of the sphere. Once you have brought to mind all the things you might be exposed to and you've moved them all out of the sphere, you are going to send them far away from you. To do this, bring your hands together. Then, with one swift motion, extend your hands outward and upward, blasting the surface of the sphere outward like an explosion. See the sphere expand outward rapidly. If you've ever seen a simulation of a supernova (exploding star), imagine it something like that. As the sphere explodes, it sends all of those dangers or threats out into the distance—so far away that you have no idea where they went. They're simply gone. They are far, far away from you, and you are safe. Feel the safety of your own body, your own health, and

your own life. You *know* you are safe now. So you can just completely let go of any sense of the dangers or threats that might have been there. Keep in mind that with this type of magic, the result might be protecting you from any danger that you are exposed to—or it might be to keep you from being exposed to it in the first place. Either of these are valid paths. As a novice wizard, you do not determine the *way* the magic works out—just that it works out. So don't worry. Let go of it and go about with your life.

12. Healing Magic

Magic's just science that we don't understand yet.
—Arthur C. Clarke

Ah! Now we get to it! Many people want to be healed of something or other—or to heal their child, partner, family, or friends. This is only natural and is based on our human desire to love. Love is a powerful positive energy—whether we are loving ourselves or loving others. And it is in line with giving—whether we are giving to ourselves or giving to others. And all of that is in line with one of my key purposes in life—to teach others how to make their own lives, and therefore our whole world, better and better. So of course I will teach you how to do this!

If you have skipped to this chapter without reading the rest of the book, at least go back and read Chapters 5 and 6. You will need to understand the basic concepts of Mind Magic before carrying out these exercises. Still, you should read the entire book so that you can have the best results with this magic.

Understand that not all injuries, illnesses, or conditions are healed in the same way, even with magic. Remember that Mind Magic is simply utilizing the quantum observer effect to influence reality. Energy, like any other kind of power, will tend to flow in the path of least resistance. Imagine it like a force or pressure system—just one that you can't see with your eyes. So the healing energy that you are putting out will tend to take the easiest path to bring about the desired intention. When you work healing magic using any of the exercises in this chapter, first determine exactly what your intention is. Follow the four basic steps of Mind Magic according to your intention—*see, feel, know*, and *let go*. Now for a caution: If your intention is just to remove symptoms of something, the magic will work, but it may not be exactly what you thought. For example, removing pain from an injury may not be the best thing to do. I had a situation where I injured my toe, and I shut off the pain at the injury site using magic. This allowed me to continue to walk around as if everything was fine. But the injury itself hadn't been dealt with, and I later regretted it. The point is that if you are going to fix a symptom, the symptom

may be all that gets fixed. If the cause of the symptom is still there, it can easily come back later. So be clear about your intention from the start.

Now let's get to healing…

Exercise 21: Healing Injuries in Yourself

This is an exercise in using Mind Magic on yourself to heal an injury. It can be used for any kind of injury, although it works best on injuries that aren't visible (at least not very noticeable). Why? Because of your beliefs. When you see a visible injury (such as a cut), you find it harder to believe that it can just vanish. This is only a limitation in yourself, not a limitation to the magic. If you can get yourself to see and feel that even visible injuries are gone, then by all means work the magic! Just the other day, I cut my chin while shaving. I felt it when it happened. After I washed my face, drops of blood were forming at the injury site. I charged one of my fingers with healing energy, touched the location of the injury for a couple of seconds, imagined that it sealed it up completely, and then let it go and went on. It felt healed within a few minutes—if not within a few seconds. I was not concerned about it any more. I no longer had any notion that there was an injury there. Looking back in the mirror a little later, there was no blood. All was as it should be. But I did not tilt my head up and look around for the injury. Why not? I realized that looking for the injury that I already believed was healed would be an expression of doubt. This is why it is harder to stare at an injury such as a cut and see it vanish before your eyes. It is possible, but it is more difficult for your subconscious to believe it. Looking away can therefore be a powerful catalyst to triggering healing magic to take effect. We will use that in this exercise. For the best effectiveness, do this exercise when the injury first happens. The longer you wait after an injury, the more your mind becomes conscious of it. Do the magic right when an injury occurs, and you may find it vanish completely—and then you may forget that it even happened!

Relax and clear your mind. If you are in pain, give yourself a moment to relax. It's okay if you can't completely get there. We are going to use a copy and paste strategy for this exercise. If the injury location is not clearly on one side of your body, then use Exercise 22, adjusting it to work on yourself rather than another person. Assuming that the injury is on one side of your body, we will proceed. Put your hand on the location of the injury. If you

can't quite reach it, then put your hand near it and imagine that you can feel the energy of that part of your body. You will have a natural sense that you just injured that area. Next, put your hand over the same part of your body but on the opposite side. If it's an arm or leg, go to the opposite arm or leg. If it's on your side, go to the same spot on the other side. If it's your neck, go to the exact opposite side of your neck. You get the idea. Feel the energy of the same body part or area on the opposite side. Spend a few moments here. Get a strong feel for how this part *is not injured*—that is, it is normal. Feel that energy *of it being normal* so strongly that you "see" this normal feeling gathering itself up into a little ball of energy. With your hand, grab that ball of energy and pull it out of your body. It is like you are *copying* it. The copy of that *normal* energy is now in your hand. You are next going to *paste* that energy into the location that was injured. Move that energy ball away from the normal area and toward the injury site. If you need to use your other hand to reach it, swap the energy ball from one hand to the other. Slowly but deliberately place this energy ball into the area that was injured. Let it sink in completely. Feel this normal energy enter that spot on your body just as it left the opposite spot—only you are pushing it in instead of pulling it out. You are now *pasting* the energy. As you paste it, close your eyes or look away—or just keep your eyes on the location that you copied from. You are basically allowing yourself feel the normal feeling that exists on the opposite side to be the same on both sides. Continue to see it this way until you can feel that it is completely normal on both sides—until both sides feel about the same. It will feel like the work is now done. Allow yourself to *know* that there is no injury—there is *only the normal feeling*. Feel what it's like to totally forget about anything being "wrong". It is as if the event never happened. Then just let go. Breathe out and let go deeply. Then go about with whatever you were doing.

Exercise 22: Healing Injuries in Others

This exercise is for healing an injury in someone else. As described in the last exercise, it is best to do this immediately after the injury occurs to give it less time to sink into anyone's reality. If you are using this for someone who is "prone to injury", keep in mind that such proneness is likely a result of subconscious programming in that person that causes them to get hurt often. Deep inside, the person may actually want to have a reason to be hurt. This could be so that they can get love or attention that they feel they need. Just

know that when you are working on another person, you are up against that person's deep inward feelings. Their subconscious mind is powerful just like yours is. So make your subconscious awareness of the situation stronger than theirs.

As always, relax and clear your mind. Place one hand over the injury site on the other person's body. Imagine a sphere of energy around the injury. You are acknowledging that it is there, and that's okay. Now in your mind's eye, imagine a space where this person is whole and the injury doesn't exist. Knowing that it once was that way makes it easier to see that it can be again. If it helps you to see this, imagine a timeline and go back to the time before the injury—or go into the future sufficiently far to see that the injury has already healed. With your other hand, find the space (or time) where the injury does not exist—where the person you are working on is as whole as before. Wrap that space in a sphere of energy similar in size to the first sphere. You are now holding both realities, one in one hand and one in the other. Gently but firmly move the sphere that contains the desired reality (where the person is whole) into the sphere of the current reality. When the one sphere overlaps the other, see that the energy of the person's wholeness easily overwrites the other energy. Both of your hands should now be over the place on the person's body that was injured. It is not necessary to touch the person, but you can if you feel that it will be more effective. Either way, allow yourself to sink deeply into this feeling until all you can see and feel is the person's wholeness in that part of their body. There is only wholeness. *Know* it. Then just fully and deeply let go. Now go on with whatever you were doing.

Exercise 23: Healing Long-Term Conditions in Yourself

This exercise is for healing long-term health conditions in your own body. As you do this exercise, note that the rate of healing may be limited by your own subconscious mind. If you see partial results after doing this exercise, then you can do it again later to make more of a change. Keep at it. Your subconscious mind may provide reasons it won't work or reasons you don't want it to. Don't give up. You can succeed and overcome any subconscious issues about it. After this exercise, I recommend that you do some deep releasing about the issue using one of the tools provided in the last chapter of this book. Insist to your subconscious that you choose and desire

to be completely healed. As discussed in Chapter 7, release both positives and negatives around the issue.

You will be using a holographic vision of yourself for this exercise. Go alone to a quiet room where you have a good amount of empty space in front of you. With both hands, form a large sphere of energy. Once the sphere is formed, see a hologram of yourself inside of it as large as life. Only see yourself there with the condition of total health that you desire in whatever area you are working on. See and feel that version of yourself experiencing life with that area or system of the body working optimally. Walk around the large energy sphere. Look at the happy image of yourself within it from different angles. Next, walk behind the sphere and enter into it—but don't enter into your holographic self just yet. See that you are now both inside the sphere—the one of you with the health issue and the other of you without it. Next, you are going to do two things at once. You are going to step into your hologram and feel the way your hologram feels in the area you are working on. But you know that the health condition does not exist in the hologram. It cannot exist there. So at the same time, you are going to feel that particular health condition get pushed out of your body all the way to the outside of the energy sphere. Got it? Now, step into your holographic vision of yourself and feel any consciousness of that health issue getting forcibly pushed right out of you. See it forced out of the energy sphere, unable to reach you any more. You are now able to become one with your hologram self. Feel it. Deeply. You have stepped into that version of yourself that has the optimal health you desire. To complete this exercise, allow the sphere of energy to implode upon you, sealing this oneness with your hologram self. As you walk away, know that you have the health you desire in the area you have worked on. You can now completely let go of it. Let it go and forget about it, then go on with your day.

Exercise 24: Removing Illness from Loved-Ones

Use this exercise to bring health to a loved-one that is already ill. This exercise is fairly advanced, but it's another one that I believe many will want. So I'm going to go ahead and tell you how to do this. As I stated in Exercise 22, some people may have subconscious reasons for being ill just as they have for being injured. This is often the case for people that get ill repeatedly. This could be because they are seeking love or attention from someone—or

some other benefit that they believe being ill will give them. Remember that when you are working on another person, you are up against their own subconscious feelings. Before you begin, make sure the person actually wants to be healed. This is not always obvious. You may need to help them let go of having any need for their condition any more.

You will do this exercise with the person you are healing. Relax and clear your mind as usual. Lay one hand on the person's body, wherever it feels right to do so. This might be over the area that is related to the sickness or it may not. With your hand, feel the energy of the person you are working on. This may include a feeling of the energy of the sickness. That's okay. Just feel their energy. In your mind's eye, imagine a timeline in front of you. The past is to your left and the future is to your right. Imagine the timeline positioned around the person, so that they are directly in front of you—in the present time. One of your hands should still be on the person's body. Slide your other hand along the timeline to the right—into the future. You are moving into this person's future. You are looking for an image of the person where they are completely healthy—100% over the illness. It might be a vision of the person doing something you know they would only do when they feel well (for example, a child playing on a playground). Move forward into the future until you find this feeling. If you can't find it, slide your hand along the timeline to the left into their past until you find a place (time) that the person was in a state of total health. Once you find that space (in the future or past), keep your hand there. Deeply feel the energy of that person in a healthy state. If you know the person you are working on, this will not be hard to do. You can just remember how you felt toward them when you knew they were well. Focus on that feeling until that is all you can see in the space where you hand is. Now, wrap that energy, that feeling, or that vision of the person in a sphere of energy. It can be a colored sphere of energy—whatever color might represent their health to you. See how that energy is encased within the sphere. Then grab a hold of that energy sphere and pull it off of the timeline toward the person. When you get it close to the person, move it toward your other hand—the one that is on their body. You are going to move this sphere of energy into their body. As you do so, let go with your other hand. You are swapping which hand is on the person's body. When the first hand lets go, see that the illness has gone with it. It's like your first hand sucked the sickness right out, leaving a vacuum for the other energy to fill.

When your other hand touches, see that the energy within the sphere dissipates into the person's body. The condition within the sphere—the feeling you have when you know this person is well—has taken the place of any negative feeling there. It is like it overwrites it. The condition of health and wellness has taken over in their body. Feel that it is already done. Keep this feeling in place as if you know that they are already well. As you continue to see them perfectly well, totally let go. Smile. The work is done.

I'd like to close this chapter with a few additional words about healing magic. There are many healing arts, and there have been for thousands of years. The best practices are, of course, those that produce the best and most consistent results—but this is largely dependent on the practitioner. I use magic for healing, health, and wellness all the time, and I have fantastic success with it. I stated earlier in this chapter that it's much easier to heal or fix issues that you can't see. While that may be true, don't limit yourself by this. If you become good at following the four basic steps of Mind Magic, you will soon be able to stare at an illness or injury and see that it is something else (health and wholeness). The best healers can look at someone who is sick and see that they are well. They know better than to see them as sick at all. If you aren't getting the results you want at the start, keep working at the four steps. I will end this chapter with a little story. Years ago, when my youngest son was a baby, he had an eye infection. My wife was concerned and wanted to take him to a doctor. But I had been learning some magic, so she let me work on him. I looked at his eye. It was puffy, pink, and had some yellow discharge. That didn't matter. I decided to look at it differently. With the fingers of one hand, I created an energy beam and directed it straight at his eye. As my wife held our baby, I sat staring at him, focused on his eye and the healing energy beam that was hitting it. I decided to see that his eye was perfectly well just like his other eye. I decided that I was going to watch it heal in real time. I sat there fixated on my task, watching my baby's eye improve and improve and improve. Yes, it was changing under my very gaze. It took about ten minutes of this concentrated focus to see that his eye was truly healthy and clear. I was able to complete the job, and we didn't bother with a doctor. In this case, I was directly looking at something and seeing that it was something completely different—and the result was amazing! Oh, and by the way, I had only been practicing

magic for about a year when I did this—so you can do this! You can learn how to work powerful magic! Keep going.

13. Sleep Magic

Think in the morning. Act in the noon. Eat in the evening. Sleep in the night.

—William Blake

This is a more important area than many people assume. The amount of sleep you get can affect your mood, your health, and your overall quality of life. I want you to feel good and have a happy life. So let's do some sleep magic!

Exercise 25: Getting Yourself to Sleep

This is an exercise you can do to help yourself sleep. You can use this if you are having trouble falling asleep, if you wake in the night and can't seem to get back to sleep, or if you can't get your mind to stop racing so you can relax and sleep. I will assume that you are up alone, either lying in bed or perhaps sitting up in a chair. You can have your eyes open or closed for this exercise, but I recommend that you turn off any lights in the room. In your mind, go back to a time when you could easily sleep. This may be a time when you were so tired that you just couldn't stay awake. It may be a time when you felt exhausted from a lot of exercise. It doesn't matter what the situation was. Just find a memory of a night when you easily fell asleep without any effort. See that memory clearly. See yourself in that memory. Now, step into it. In your mind, become the you in your memory. Feel how tired you were. Feel how easy it was to fall asleep. There was no effort. There was nothing to think about any more. Your mind was calm and relaxed, and your body just followed. You simply fell asleep. Sink into that. Maintain that feeling of how you felt on that night of effortless sleep. If you are not already in bed, go lie down. Make yourself comfortable. Give up the effort—both in your mind and in your body. There is no more fight. As you sink into those wonderful feelings in your mind, feel your body sink into your bed. Don't try. Just let go. And forget everything.

Exercise 26: Getting Others to Sleep

This is an exercise I have used with my children (as babies). I have also used it with my wife, as she used to have frequent difficulties with sleeping. It is simple and effective. You can use this at the start of the night to help someone fall asleep or in the middle of the night to help them get back to sleep if they have awakened (and obviously woke you up as well). Relax completely. Let go of any tension that you might feel about this other person not getting sleep or not falling asleep. With both of your hands, form a small energy ball. Make it a color that represents relaxation or sleep to you. This might be yellow, pink, or light green. A pastel color is a better representation of sleep than a bright color. This energy is peaceful, calming, relaxing. See that it consists of only pure relaxation energy—a blissfully sleepy energy. Once you have formed that ball of energy between your hands, bring it to the person you are working on. With either one or both hands, gently and calmly press that energy ball into the person's head until it is all the way inside. You can lay a hand on their head. If you are helping a baby that is stirring fall back to sleep, you may want to avoid touching them and just bring your hand very close. The important thing here is that the energy ball completely enters their head. See it in the person's head for a few moments, calming their mind completely. Then move the energy ball down into the rest of the person's body. You can hover a hand just over their body as you do this. This gives your conscious mind something to do that matches what your subconscious is doing. Gently direct this sleepy energy up and down the person's body, from the top of their head to the bottom of their feet and back again. As this energy moves up and down within their body, it causes this person to totally relax from head to toe. You see that they are now relaxed. You know that they are now relaxed. As you completely let go, imagine the energy dispersing and dissipating inside the person's body, sinking them into peaceful sleep. Now totally let go of any attachment or need for the person to fall asleep. Relax. The magic is done.

Exercise 27: Changing Your Level of Sleep

Use this exercise if you are not getting enough sleep on a regular basis. Alternately, you can use this exercise on a loved-one by adjusting it to be for another person. Go alone to your own bedroom. Relax and clear your mind. Let go of any tension or negative feelings you may have about sleep, your level of sleep, or your lack of sleep. Approach the side of your bed. With

both of your hands, create an energy field around the place where you sleep. It should be large enough to completely contain you if you were lying on the bed. You are creating a cocoon of energy around where you sleep. Make this cocoon a color that represents peaceful sleep—such as yellow, pink, or light green. When the cocoon is complete, look inside of it. See inside of the cocoon a sliding gauge, like a slider control on an equalizer. See that it is currently pointing to the average number of hours that you currently sleep each night. With one of your hands, penetrate the surface of the energy cocoon and grab that slider control. If it is large, you can do this with both hands. Feel that you now have control over the number of hours that you normally sleep. Gently but firmly slide the control up, increasing your average sleep hours to a more desirable number. When you have positioned the slider control, let go of it. Look at it and see that it is staying at the number you selected. Pull your hands out of the energy cocoon. Look at the control again to see that it is still staying at the desired number of hours. Feel it. Know it. You no longer need to do anything. Touch the cocoon of energy with both of your hands, allowing it to dissolve into your bed when you touch it. Completely let go. The magic is done. Feel free to come back to this exercise to adjust your sleep hours again if and when you need to.

Exercise 28: Waking Up at a Specific Time

Waking to an alarm can be jarring to your whole system. Allowing yourself to wake naturally is a much better way to live. Waking up at a specific time on a clock is an old trick. Many people have taught how to do this in a variety of ways. There are at least a couple of ideas about why this works. One is that your subconscious mind has a built-in clock. The idea here is that you've been around clocks for so long that your mind has gotten used to exactly how long a second, a minute, and an hour is. So you can set an alarm in your mind to wake you up exactly at the time you desire. Another idea is that your subconscious doesn't need to track the time. The Universe will simply set the alarm for you and will communicate with your subconscious when it is time to awake—and then your subconscious mind will wake you up. It doesn't really matter to me how it works—just that it does. Here is my method for doing this.

Do this exercise when you are about to go to bed or just a little beforehand. First decide which clock you are going to measure the time by.

This might be a clock in your bedroom or it might be the clock on your phone. It should be the clock you will see in the morning when you first wake up. You should be relaxed and ready to go to sleep (or nearly so) when you begin. Clear your mind. Realize that you do not need an alarm. Trust your subconscious mind in its ability to wake you up at the right time. In your mind's eye, see a timeline in front of you that represents your sleep. Reach your right hand out and touch it. Directly in front of you is the present moment. Slightly to the right is when you will go to bed. Slide your hand to the right until you come to the time you are waking in the morning. See yourself waking up and looking at the clock. Choose the exact time that you see on the clock when you first look at it. See this very clearly in your mind. Keep that exact time in your mind without changing it. That is the time you will see on the clock. What you see at that spot on the timeline should be either an image of the clock at exactly that time or an image of yourself awaking and looking at the clock at that exact time. Wrap that image in a small sphere of energy. Pull that energy sphere off of the timeline with your hand and bring it toward your head. Slowly but with certainty insert that sphere of energy into your mind by directing it downward into the top of your head. When it is inserted all the way, you should feel a gentle awareness that it has "clicked" into place. Imagine yourself awaking in the morning and looking at that clock. It is exactly the time you intended to awake. Now completely let go of it. Don't think about it any more. Give it up. Relax and go to bed.

Strange results can come from this type of exercise, as it can inspire fluctuations of doubt and faith. For example, you might find that it works perfectly the first time and then doesn't a few times. This could be because you inwardly attributed the first success to chance. Your level of certainty will affect your results. Let go of any need to have this work for you. This exercise, if done repeatedly, can give you insights into how your subconscious mind is working for you and how to better communicate with it. So have fun with it!

14. Money Magic

The spiritual substance from which comes all visible wealth is never depleted. It is right with you all the time and responds to your faith in it and your demands on it.

—Charles Fillmore

There are countless books out there on how to make money, increase your income, or obtain wealth. Of course you can use magic to do these things—and I have done so. There are so many other practical uses for powerful Mind Magic that I don't want the making of money to be your motivation for learning it. However, I'm sure that you will want to know how to use magic for making money, increasing your income, or gaining wealth, so I'm going to give you practical exercises in these areas. But first, let's discuss what money really is.

Money is just an energy. It isn't really something real. It is a representation of the power to trade or exchange. It's a number that indicates a rate of exchange for real goods or services. Some people, when presented with the idea of real magic, think that the first thing they will do is to create endless money for themselves. But endless money is not defined. Endless money couldn't exist because it would change what money is and it would become worthless. Money is just value that you can exchange for something else—generally of equivalent value. Making more money is a matter of seeing that you can exchange value in a different, better, or more efficient way. You can magically make small amounts of money appear for you. You can also magically make tons of money, but that magic will prompt you to *do something* that will create the necessary value exchange—because that's what money is. Some people create small amounts of money by exchanging small amounts of value. This value might be in things they sell, or their own skill, time, and labor. Other people create huge amounts of money by exchanging huge amounts of value. This might be done by providing something valuable to a large amount of people (thousands or even millions). This is called working smarter and not harder. As you work Mind Magic for money, stay open to ideas that may come to you of how you can increase the exchange of

value in what you give to the world, as that will naturally come back as value *to* you (in the form of money). You have something of value to offer the world. Trust that, and listen for the guidance of how you can offer it. You might be directed to a book, course, information, or other aid that will teach you just what you need to do to get there.

Another major issue people have with making money is subconscious programming. Most of us have been deeply programmed with lack of money, rather than abundance of money. Many people try to use the "Law of Attraction" to attract money or wealth, but their own inward feelings of lack fight against this. Since money is just a representation of value exchange, it may be easier for you to use magic to acquire the specific products or services you desire rather than a number that represents your ability to acquire them. Either way, at its root, using Mind Magic for money is much the same as using it for anything else. Since the core of magic is the quantum observer effect, you just need to get yourself to *see*, *feel*, and *know*—deeply at a subconscious level—that you have the money you desire or perhaps the thing you desire to purchase with it. You also need to *let go* of needing it.

There is no magic trick I know of to instantly grant tremendous wealth to someone. Magic influences the flow of subtle energy in the universe. You can absolutely use it for money, as money can be thought of as just a flow of energy. To see an increase in money, you can visualize a certain amount that you receive. Or you can visualize an increased flow of money to you (an increase in income). But if you are visualizing an amount or a flow that you don't see as realistic, you will have to get past your own subconscious limitations. In Chapter 21 of this book, I point you to some tools that can help you get past your own negative beliefs about money. That said, let's get on with the magical money exercises…

Exercise 29: Magical Small Change

I'm going to start this one with a story: When I first started practicing magic, I didn't have much money. In fact, my finances weren't looking good at all. I had tried visualizing millions of dollars, but it didn't come. I didn't understand much about money and value exchange at that point, but I knew I must be missing something. I soon figured out that it was my deep inner beliefs. I didn't really believe I'd have those millions of dollars. So for practice, I decided to play with money magic on a small scale. If you are

planning to use magic to change your finances, I recommend you do the same. I started with $20. That was all. More specifically, it was $20 in *new unexpected money* by check, cash, or credit. Three days later, I received a piece of mail that informed me that I was part of a class-action lawsuit that entitled me to a small refund check. The amount? Exactly $20. The next time, I moved on to $50 or more in new unexpected money. I didn't want to limit the Universe to that exact amount, so I threw the feeling of "at least" into it. And this time, I imagined cash being placed into my hand. A few days later, my wife decided to sell a rocking chair she had. She sold it, and within nine days of working the magic, she handed me $140 in cash. This wasn't really how I had wanted to receive it, but it really was $50 or more in new unexpected money. After this, I went for $250. I received this and more. I continued to play with money magic, and over the two months that followed I received money in a variety of unexpected ways—refunds, reduced bills, additional tax returns, gifts, sales of stuff. I even had an employee of a store walk up to me and hand me an envelop with $100 cash, saying that an anonymous customer asked them to give it to me. Yes, that really happened!

For this exercise, you are going to create a small amount of extra money. Let's say that you desire $100 in unexpected money. It doesn't matter what it's for. In fact, it's better if it's not for anything specific. Just determine the exact amount that you will receive. You can decide that it is that amount *or more*. Note that the "or more" has a different feeling associated with it. The purpose of this exercise is to create a small amount of *new unexpected money*. Note that this also has a very specific feeling. Don't connect the money to something specific that you want to buy with it, or the Universe may find a path to just give you that specific thing without giving you the money for it. So choose a specific amount of money to create. Make it small enough that you can imagine it just magically coming to you without you having to change jobs or start a business or any such thing. Nothing "big" has to happen. You just magically get that much money or more. Got a specific amount in mind? Hold onto that number. Don't change it.

Cash is often easier to visualize than numbers in an account somewhere. So we will use the concept of cash for this exercise. In a quiet room alone, relax and clear your mind. Bring to mind the amount of extra money you are receiving. Notice that I said "you are receiving", not "you will receive". There is a difference. With both of your hands, form a small sphere of energy

in front of you. See it as a green sphere of energy, about the size of a volleyball. As you look into this energy ball, visualize the amount of cash that you have chosen. If you have chosen that much *or more*, than see that it's *at least* that much cash. Now, with confidence and determination, insert one of your hands, face up, into the energy sphere. See that the money is placed into your hand—easily, effortlessly. Sink into the feeling that this is *new unexpected money*. In other words, it's a surprise to you—a pleasant surprise. Next, close your fingers around the money that you see in your hand. *Know* that it is yours. With your other hand, grab the outside of the green energy sphere and collapse it into your closed hand. *Feel* that it is done. You already have it. Allow yourself to feel all the feelings that go along with that. This might include gratitude, relief, joy, whatever. Now completely let go of it. You know it's done, so you let go easily. Go on with the rest of your day. Pay attention when the Universe hands you this money. It might be in a strange way. Be thankful for it both before and after.

Exercise 30: Changing Your Job or Career

This exercise is really more about changing the work you do, changing the place you work, or even making a complete career change. Go to a quiet room where you will have a large empty space to work with. Relax and clear your mind. We're going to use a hologram concept for this exercise. With both your hands stretched out, form a large sphere of vibrant energy. Make it a happy color—perhaps your favorite color, or whatever color you feel may represent happiness. Inside this energy sphere, in the very center, see yourself working at your new job or engaged in your new career. See yourself in whatever position you would be while doing your job—sitting at a desk or standing in front of a class, for example. Next, also inside the energy sphere, imagine various images of yourself doing all kinds of activities related to your new job or career. These can be unclear, moving, or changing—but they are all related to what you do in your new job. See these floating all around that central image of yourself. That central hologram of you is smiling, knowing that your work is to do all of those things floating around you. These things make your holographic self quite happy, satisfied, and fulfilled with the job you have. Now, walk around that beautiful energy sphere, examining your central holographic self and all the images or videos of yourself moving around it. Walk around to the back of your hologram and

step into the sphere. As you walk through them, feel the joy of all the images and videos of you doing the work you desire to do. It fills you with happiness and career satisfaction. Slowly step through those floating images and into your hologram. Feel yourself stepping into that world—where your new job or career is the one that your hologram has. *Snap* into that place. Become one with your hologram. Then see the world from within those eyes. Feel what it's like to already have that new job. Look around you at the moving images of the activities you are privileged to engage in as your work. Take a moment to sink into these feelings. When you are ready, stretch your hands outward and upward towards the edges of the energy sphere. Your hologram does the same, for you are now one. Quickly pull your hands back to your chest, imagining the entire sphere of energy and all that is within in imploding upon yourself. This energy collapses into you and stays with you. It is done. As you walk out of the room, feel that you have already stepped into your new job or career. Completely let go of any need for change.

Exercise 31: Changing Your Income

I'm going to start this one with a story also, but this time I am making it up: John was frustrated with his finances and wanted to increase his income. He knew there was a promotion coming available at his work, and he just might be the one to get it. It would result in a 15% increase in his wages. John has been learning magic, so he decides to use magic to increase his income. He chooses to see that he will have a 30% increase in his wages. He figures, *Why not?* If the Universe can give him the promotion by magic, then it can also double the increase. He follows all the steps perfectly. He relaxes, does the magical exercise to increase his income, convinces his subconscious mind until he *knows* it is happening, and completely lets go of the result. He feels like he has done it! Two days later, his boss announces that the position has come available sooner than they expected. *Yes*, John thinks, *it's for me!* Within a week, the position has been filled—but Cindy got the promotion instead of him. John is disappointed and angry. He tells his wife what happened at work. She sympathizes with him but expresses that his income isn't high enough to keep up with their expenses. So John decides to get a second job to make ends meet. He gets a part-time job at a grocery store just to make some supplemental income. John is still frustrated with his finances and is now working 60 hours per week. It's not for another month, when John

sits down with his wife to pay the bills, that he realizes the truth of it—his income has gone up 30%!

While this story is fictional, things similar to this have happened over and over and over again. In this case, the Universe did move the promotion up, causing the change to happen sooner. This triggered John to go look for a second job as soon as possible. And within just a couple of weeks, his income has increased by the 30% he desired. This may have been a much easier path to bring about the desired change than causing the company to give John the promotion and double the increase they were offering. I tell you this story to caution you. Be specific about what it is that you desire. Remember that the Universe, in conjunction with the quantum observer effect, will generally find the path of *least resistance* to bring about the change that is required. This only makes sense. So when you decide to increase your income, be careful. If you wish to continue working for the same company, see a reasonable raise that you can belief they would actually give you. If you wish to dramatically increase your income, expect that this might result in a second job, a total job change, or even the inspiration to start your own business. If keeping your current job is important to you, you may want to include that as part of your vision of increased income. This might cause you to keep your day job and start an online business on the side, for example. One more thing: If you are trying to increase your income because you have too many expenses, consider reducing your expenses as well. Even some millionaires with large incomes live in such a way as to spend everything they make. The trick to saving money is to have more income than expenses, not to have more income that you just spend on more expenses. Remember that money is just energy, an exchange of value. Once we see and understand that fully, we can begin to play with money as a flow—both in and out.

Let's get to the exercise. Go alone to a quiet room. Relax and clear your mind. Stand up where you can have a little space around you. Decide specifically what you desire regarding your income. If it is to increase it by a certain percent, imagine what that feels like. If it is to increase it by a certain amount, imagine that. If it is to be able to pay all your bills and save a certain amount every month, imagine that. If there is anything you *don't* want to change (such as your current job), then see that part as staying the same. This is as easy as seeing that it hasn't changed when you are visualizing the results of your magic. Now see a large sphere of energy all around you. You can

create it with your hands by stretching them out and moving them all around. Inside this sphere of energy, directly in front of yourself (in the present moment), visualize exactly what you desire with respect to your income. Include all the things you desire to change. If there are things you want to stay the same, include those as well. Again, imagine those concepts as images directly in front of you. Then direct your eyes downward from there. Just below those images, see a large sliding gauge, like a slider control on an equalizer. See that it is pointing to your current income. Reach out with both of your hands and grab that slider control. Firmly but gently, slide it directly upward until it comes into the space where the images of your increased income are. Feel that this control is not only increasing your income but setting it to match what you have visualized. Now that the slider control is inside of those images, let go of it, but keep your hands there. Next, turn your hands over to catch that energy of your desired income and pull it toward your eyes. When it reaches your eyes, allow yourself to see the world from within the point of view of already having that increased income. Feel that you already have it. You can see what it's like from inside that space now. You know it. It is done. Completely let go of any results of this exercise. Allow the sphere of energy around you to gently dissipate, and go on with your day.

Exercise 32: Wealth Magic

As I stated earlier in this chapter, you can of course use Mind Magic to make yourself tremendously wealthy. However, consider that this will likely require changes in yourself, your subconscious programming, what you do with your time, how you think about making money, and more. If you are currently struggling financially, you can absolutely change all of that. You will have to look at your current situation and see it differently. You will need to see and feel that you already have it. Yes, this might mean that while you have a stack of bills that you haven't yet paid, you're going to see them as a stack of checks that you haven't yet deposited into the bank. If only I could get you to truly understand that what you perceive as your reality isn't very "real" after all. A large part of your observed reality is your perception, and a large part is just illusion. That stack of bills is just energy configured a certain way. Sure, those bills represent money that you owe. So what? Let go of that idea. No, the bills aren't literally going to transform into checks, but if

you can get yourself to see them as such, soon enough you may see a stack of checks instead of bills. Most likely, to become successful in creating wealth (whether you are using magic or not), you will need to clear, change, or reverse your subconscious beliefs and feelings about money. You will probably also need to change your views about the relationship between money, time, and work. Wealthy people don't typically exchange their time in hours for wages in money. They get things to work for them. In the case of a business, they get people to work for them. In the case of owning copyrighted material, they get what they own to work for them. In many cases, they make business deals, and the money that comes to them is the difference between what they spend to make it and how much money it brings them. The wealthy even get their own money to work for them to create more money by properly investing it—in stocks, property, or even businesses.

As you prepare to begin this exercise, see what you desire—no matter how big. But be open to ideas. Your mind is brilliant, and it can come up with the necessary things to do to make it so. Pay attention to inspiration, your intuition, ideas that may come your way, or people that may cross your path. And of course, as always, completely let go of any results. If you feel like you have need or want here, first get rid of those feelings. Use the tools in Chapter 21 to reset your subconscious mind about money and to upgrade your wealth consciousness.

Now let's begin. Go alone to a quiet room. Sit down. Close your eyes. Allow yourself to begin to think about wealth—however you define it. Possessions, money, businesses, bank accounts, freedom. Imagine the kind of wealth that you desire. In your mind's eye, see that wealth. Then see *your* wealth. It's out there somewhere. What would it *look* like for you to have that kind of wealth? What would it *feel* like to experience that level of financial freedom? Encase that concept in a small sphere of energy. With your eyes still closed, pay attention to where that sphere of energy is located. This is where your subconscious mind decided to see it. It might be to your right or left. It might be above you, behind you, or in front of you. In many cases, our subconscious minds will see something in a position that is significant to us. Where is this sphere that contains *your wealth?* If you see the sphere to the right or left, you may feel like it is in your past or future (it's separated by time). If you see it above you, it may feel out of reach (it's unachievable). If

you see it behind you, you may feel like you just can't see where it is (it's invisible). If you see it in front of you, you may feel that you can reach it if you just move forward (it requires motivation or action). It doesn't matter where you see the sphere that contains *your wealth*. Pay attention to where it is. Next, you are going to reach into that sphere and touch your wealth—just touch it. If it feels appropriate, you may open your eyes, stand up, and/or turn around. If you do open your eyes, look where you saw the sphere in your mind's eye. See it glowing there, maybe pulsating with energy. Clearly perceive that this sphere of energy contains *your wealth*—your perception of what it is like to experience the wealth that you desire. Next, approach the sphere with one hand. If you need to stand on a chair to reach it, do so. Be confident. Know that you deserve that wealth, and you're now going to reach out and claim it! Insert your hand into that sphere, just a little way. Touch it. Feel what it is like to touch *your wealth*. With your hand touching your wealth, allow yourself to feel the fulness of it. Let it sink into your mind and heart, along with it the images, the feelings, and the experiences that it brings. Next, with both hands, grab hold of that sphere. You are grabbing a hold of your wealth. Keep your confidence here. Allow your desire, your choice, your determination, your self-esteem, and your confidence to work together as you claim your own wealth. Bring the sphere towards your body, increasing it's size as you do, so that it engulfs your whole body as it reaches you. It doesn't matter where the sphere was to begin with. You are taking it into yourself. Allow it to envelop you completely until you are inside the space where your wealth is. See and feel that you are already there. It already exists. For this exercise, there is no need to dissolve the sphere of energy. Just completely let go of any results of the magic. Totally let go of any need for money, freedom, possessions, or whatever you see as wealth. Deeply relax and release all attachment to it, then go on with your day. Stay open to changes in yourself, your work, and your beliefs and feelings, trusting that you will be directed by the Universe as necessary.

15. Game Magic

Creativity is intelligence having fun.
—Albert Einstein

This area is a little controversial for me. Let me explain. I grew up in a home where games were intensely competitive. Then I married someone who grew up hardly playing games at all and had little experience in competitive gaming. Our family plays a lot of games, although I've had to reduce the competitive spirit a bit. When I first started learning magic, I frequently played with game energy. I found that I could decide to win or to lose. Then I played with deciding who would win, and I got that to work as well. When I revealed that I had been doing this, my wife was not thrilled to say the least. I did see her point that it took away from the fun of the game to a degree. So I agreed to stop using magic to influence family games. My amazing "game luck" suddenly disappeared. Soon after this, my wife and I were invited to play poker with some people we didn't know. Each person paid $25 to play. I used game magic that night, and I had a blast. Sometimes, I took the whole pile of chips when I was completely bluffing! There was a first prize jackpot, and I knew I could win it. But I didn't really want to take money from a bunch of potential friends I had just met. I found out that the third place prize was $50. This would exactly pay for the entry fees for myself and my wife, so I decided to finish in third place. Sure enough, I did exactly that! So this is just a fun chapter to teach you how to influence the outcomes of games. You can play with this, but you may decide to not use game magic in the long run. It does tend to spoil the surprise factor and the randomness that often comes with playing games. Also, if you use this magic for games where money is involved, realize that you are involving money magic as well. This could make it easier or harder to do, depending on your feelings toward money.

Exercise 33: Winning a Game

Assuming that you may be sitting down to a game, we're going to do some simpler magic with this exercise—it will all be in your head. Do this exercise discreetly—without letting anyone know what you are doing. Close

your eyes and relax your mind for a moment. Imagine what it feels like to win the game you are about to play. See yourself winning in your mind's eye. Take a close look at this image of yourself. You won! How does it feel? See how you are smiling about that? Quickly and suddenly, step into that image in your mind of yourself having already won the game. You are now seeing the world from the perspective of that vision of yourself. Look out from the eyes of that vision. Feel what it is like from inside that perspective—knowing that you have already won the game. It's done and it isn't even a question any more. You can now completely let go of it because it's done. It's inevitable. You already know what is happening. Feel your body and mind relax as you totally let go. Then play the game! As you play, don't be concerned about how the game is progressing. Don't worry about the roll of the dice or the draw of the cards. Relax and let go of it the whole time.

Exercise 34: Determining Who Will Win

This is a similar exercise to the one above for winning a game. Only this time, you are going to choose someone else to win the game. You may want to do this because there is someone that doesn't normally win that you'd like to give that experience to. Or you could do this just to play with magic and gain some experience. That is what I did—until my wife got annoyed with me for interfering with family games! Strange things would happen, like unlikely sequences of dice rolls. The magic would swing events strongly in favor of the one I determined to win. One note here: This magical exercise is for small-scale games—fun games with family and/or friends. Don't try to do this with sports teams. Millions of people are throwing their energy into major sports games. For you to determine a winner there would mean that you are overriding everyone else's energy that is already in the mix. I suggest that you only do magic where your faith is strong enough to see it actually creating the effect that you desired. So let's stick with simple games. Close your eyes and relax your mind. Don't let anyone know what you are doing. Quietly and peacefully, see in your mind's eye the chosen person winning the game. See the happiness on their face. See the delight they have about it. In your vision of them, also see yourself observing their win. This vision of yourself knows what it feels like for that other person to win the game. Quickly and suddenly, step into that vision of yourself. Now you are observing how the other person won the game firsthand. You are in the

vision. You see it as already done—it has already happened! Completely let go of the result of this magic, knowing that it's inevitable. You can completely relax now. As you play the game, stay totally relaxed about it. Don't be concerned about the current state of the game, what the next roll of the dice will be, or how the game is progressing. Just keep letting go of it and enjoy the fun!

Exercise 35: Increasing Your Game Luck

This exercise is for increasing your "luck" with games in general. You may want to do this if you seem to have terrible luck with games. I believe luck is really a deep subconscious expectation of outcomes—an expectation strong enough to affect outcomes. Work this magic at a time when you are not playing a game. Go alone to a quiet room where you will have some space to work. Relax and clear your mind. With your hands, create a bubble of energy around yourself. This bubble will contain your personal game energy or "luck". You can imagine the bubble as a jiggling, clear energy that hovers a foot or so past your body. Inside the bubble, see your current luck with games. You may see this as memories of how you have lost games over and over. You may see this as a tendency to lose or do poorly at games. Or you may see this as a belief that you are bad at games. There may be some successes or wins you have had that you see as well. Allow yourself to see all of it—all of your game luck, good and bad, exists with you inside of this bubble. Look around at it. In your mind's eye, identify each aspect of bad game luck that you see in the bubble with you. Again, these could be memories of losses or a tendency to lose. See it as a little dark cloud of energy—hovering inside of the bubble with you. Grab a hold of it with your hands and push it outside of the bubble. See it going through the surface of the bubble (without popping it) until it is outside. It continues to go in the direction you sent it in, further and further away from you. Do this with each aspect of bad luck you see in the bubble—each little dark cloud. When they are all gone, all you should have left of the energy is anything that represents good game luck. Imagine a little ball of extra good luck hovering over your energy bubble. Reach up with your hands, push them through the top of your bubble, and grab hold of that good luck energy. Pull it through to the inside of the bubble and into your head. As you do so, feel a sense of resetting your mind to having good luck with games. This is a very simple energy. You can

win games now! Let that feeling settle deep down inside of you until you *know* that there has been a change. Once you are at the knowing point, you can completely let go of it. Feel free to exit the energy bubble, popping it as you leave. It doesn't matter now. You've already changed your game luck!

16. Influencing Event Outcomes

There is no problem outside of you that is superior to the power within.
—Bob Proctor

Let's go beyond game magic into influencing other events. This magic can significantly change the "game" in many areas of life. It could be applied to insurance rates, home purchases, business deals, test scores, or a variety of other things. When we have desires such as these, we are depending on something outside of ourselves. We need something else to happen or someone else to act in order to have what we want. Even though you are dependent on an outside event, you don't need to feel out of control with relation to anything that happens. In fact, that feeling of not having control of something can be strongly linked to the feeling of needing or wanting it. Let go of need and want. Let go of having to control something or someone else. Just the act of letting go of your tension about the event can give you a tremendous amount of influence on it. So, whatever it is, let go of your attachment to it happening. And then work the magic.

Exercise 36: Getting the Answer You Want

Something you desire may be dependent on getting a particular answer from another person or perhaps from a company, group, or other organization. Go alone to a quiet room. You can sit or stand for this exercise, and your eyes may be open or closed. Clear your mind, and then bring up the thing you desire. See it in front of you. Allow your mind to see various possible outcomes regarding this thing. They may be overlaid or intermittent at first. Separate them so that the negative outcomes are on the left and the positive outcome (the one you desire) is on the right. If it's a yes/no answer about something you desire, see the "no" answer on the left and the "yes" answer on the right. If it's an issue that has a variety of possible outcomes and only one that you desire, see that one on the right and all the others on the left. Continue to see a distinct separation of these possibilities until your desired answer is clearly separate from all the others. Next, put your hands out in front of you and encapsulate each of these energies into spheres. You

will have two spheres—one on the left (containing all the possibilities you don't want) and one on the right (containing the answer you desire). Once you see that these energies are clearly within the two spheres you made, grab the sphere on the left with your left hand. Pull it back and then throw it away from you. See it flying away from you endlessly. It's never coming back. Way goodbye to it if you like. Once it's gone, grab the other sphere with your right hand and slowly bring it towards your face. Place it all the way inside of your head. As you do this, feel this answer filling your mind. Your eyes now see the world from having that answer that you desire. Isn't it beautiful? Feel the joy that comes to you as you peacefully realize you already have the answer you desire. Congratulations! Now completely let go of any result of this magic. As you wait to hear the answer, keep letting go of it. Relax, knowing that it is already done.

Exercise 37: Passing a Test

This exercise can be used to pass a test, pass a class, get a certification, or something similar. In such cases, there are two basic outcomes: pass or fail. Alone in a quiet room, relax and clear your mind. See the two possibilities in front of you—failure on the left and success on the right. See images that represent the results. Get a good grasp of which each of these two possibilities looks and feels like. Make it as clear as you can. They are distinctly separate. They are opposites. Reach out with both of your hands and encapsulate these energies into spheres. You will have two spheres—one on the left (containing the concept of failure) and one on the right (containing the concept of passing or success). See that the entirety of each of these two dichotomies is enclosed within those two spheres. Grab the sphere on the left with your left hand. Throw it down on the floor at your feet and stomp on it. Stand up if you need to. As you stomp on that sphere, see that you are destroying it. It is dissolving into dust, ashes, nothing. When it is gone, look up again at the remaining sphere. Grab it with your right hand and pull it towards your face. Place it all the way inside of your head. As you do this, feel what it's like to pass that test, get that certification, or accomplish that goal. Your eyes are now within that energy sphere. See what the world is like from the perspective of having completed this thing which you desired. It's done now. See that's it's done. Feel the relaxation, relief, and satisfaction of getting that passing grade. Sigh deeply, letting out any tension that you had

about it. Now completely let go of the result. Don't care about it. Keep letting go of it until it's done.

Exercise 38: Closing a Deal

Making a sale, getting financing for a home, closing a business deal—these are often big events that depend on things outside of ourselves. Use this magical exercise to help you accomplish closing that deal, whatever it is. First, a story. When I purchased my current home, we had some major issues with the financing. The loan amount was beyond certain limits, so it was considered a "jumbo" loan. This meant that we needed a 20% down payment. We had this, but at that time, we also had a large amount of money (about $40,000) sitting on credit cards. This had been due to expenses related to my wife's business startup a year earlier. The credit card debt caused us both to have low credit scores, which caused banks to reject our application for a loan. I received repeated phone calls from our agent, telling me that we might need to get a "hard money" loan that would be interest-only at around 10% interest. We weren't willing to do this, so it looked like the deal just wasn't going to work. Months went by as we attempted to get financing. The seller of the home was getting impatient and was about to cancel the purchase contract. It was at that time that I talked to my wife about how important this home was to her. I asked her if she was absolutely certain that this was the house she wanted. When she told me an emphatic "yes", that was all I needed. I was determined to give her this house. So I worked some powerful magic with our finances. I didn't like that credit card debt that we kept paying on, especially now that it was preventing the home purchase. I decided that not only were we buying the house, for sure, but that those credit cards now had $0 balances on them. Then I completely let it go. I knew it was the right house. And I knew that the Universe knew it, too. I was completely confident that it would all work out somehow—in some way that I didn't understand. Within about three days, I was contacted by the seller's agent who immediately put me into contact with a loan agent that could close the deal quickly. They had us put part of our down payment money into paying off the credit card debt. Then they quickly rescored our credit and qualified us for some unique financing that we hadn't considered before. We got a loan that required only 10% down and had a reasonable interest rate. Within a few weeks, the purchase was complete. We not only owned the home, but all of

those credit cards I was imagining had $0 balances on them—and we had more funds to spare due to the reduced down payment! I never would have guessed that the Universe would choose this complex path to work it out. I only knew it would work. That's the power of Mind Magic.

Now for the exercise. Go alone to a quiet room. Relax and clear your mind. Stand up where there is plenty of space around you. Bring up the deal you are working on—the sale or business deal you want to close, the purchase or other deal you want to make successfully. Allow your mind to see the variety of different possibilities that could result from this deal, both good and bad. They are all there in front of you. Reach out with both of your hands and form a large sphere of energy all around you. Close it completely until it surrounds you like a giant bubble of pulsating energy. As you see the different possible outcome of the deal, see that many things are possible. The Universe could take a variety of different paths, and in this variety is one that you really like. Take a look at that one that you like and separate it from all the rest. Now imagine that you have an energy net in your hands that is powerfully strong. Take all the other possibilities that you see in front of you and capture them in that net. Go ahead and use your hands to wrap that net around all of those undesirable possibilities and close it up around them. If there are any sticking out of it, gently push them inside the net. Next, imagine you are tying the net close, as if it had a giant drawstring. With your hands, take the closed net and all its contents and push or throw it through the wall of the large energy sphere that you are standing within. As it leaves, feel that all of those possibilities are gone. They are outside of your working space. And so they are outside of your reality. Look again at the one possibility that you left within your sphere—the one where you close the deal successfully. Let that concept grow and fill the entire sphere you are standing in. As it fills the sphere, it fills your mind. You can see the world from within that reality —where you have already closed the deal—where a successful closure of the deal is the *only* possibility. Let a smile sweep across your face as you feel the joy of it. To end this exercise, you can collapse the energy sphere upon yourself, sealing it within you, or you can just peacefully let the sphere dissipate into the room. Either way, when you are done, completely let go of it. Let there be no more tension in your mind and body about that deal. Let there be no other possibilities in your consciousness. Just relax and let go.

17. Protection Magic

The real secret of power is consciousness of power.
—Charles F. Haanel

Protection magic can be used to protect people from illness, death, injury, or even emotional harm. It can also be used to protect objects from damage or even loss. There is a long history behind protection magic, and it comes in many forms. Some people carry around stones or other objects for protective purposes. I'm going to teach you how to use protection magic without any of that. As always, I'm going to make it simple and easy to do. This is an area that I have a tremendous amount of practice in, especially since I was unconsciously doing this from the time I was a child. Let's get to the exercises…

Exercise 39: Protecting Yourself

As I mentioned early on in this book, when I was a child I frequently imagined an invisible shield that hovered over my body. I thought I was just pretending. In actuality, I have been remarkably protected all of my life—in amazing ways. Not only that, but I've never had any serious injury, any operation, any hospitalization. Long ago, when I was a young adult, I was involved in a dramatic accident on the freeway. Due to a near lane-change collision, a car spun out of control right in front of me. I slammed into it at tremendous speed. When this happened, I felt something holding me back in my seat—like a force around my whole body. The other vehicle spun around from the impact and hit my car again on the side, sending me into the concrete freeway separation. I felt my car angle upward as it went up the side of the concrete and back down again. Afterward, I got out of the vehicle and walked around it. The car was a total wreck—not at all drivable. My first thought was disappointment that I couldn't drive it, as this would take me longer to get home. At the scene, the police and others asked me if I was hurt. Looking at my car, they were amazed that I wasn't injured. It didn't even occur to me that I wouldn't be perfectly okay. I didn't have a scratch, bruise, or any discomfort at all. I simply knew I was protected. I always knew that.

And this was years before I ever started practicing magic.

So for this exercise, I'm going to teach you a simple way to shield your body from injury or harm. Note that this is specifically for protection against any serious accident or injury—not for personal health. For health magic, please refer to Chapter 11. Go to a quiet room where you have a cleared space on the floor. Stand up in that space. You can have your eyes open or closed. Completely relax and clear your mind. Begin to think about your protecting your self and your body. If any worries or concerns or other negative feelings come to mind, allow them to be there. This might be the case if you have had injuries or accidents in the past. Let go of these feelings, including any consciousness about past issues. Using your hands is a good way to do this. Bring your hands to your head. Imagine you are grabbing hold of any bad thoughts, feelings, or memories of harm to your body. Grab them, pull them out of your head (mind), and cast them away from yourself with your hands. Feel them leaving. Clear your mind again until you can focus on your own protection without any distracting feelings or thoughts. Now, look upward (your eyes do not have to be open for this). See in your mind's eye a column of bright white energy coming down from above. You can imagine that this is divine light coming from heaven if that helps you. This energy strikes you on the head and begins to cover your body from the head down. See this energy slowly sweeping over your body. It is personal protection energy. It's an energetic shield that hovers just a fraction of an inch over your skin. Imagine this like you've seen in sci-fi movies that depict spaceships with powerful shields. Watch (with your eyes open or closed) this powerful protection energy cover your head, your neck, your shoulders, and so on over every part of your body down to your feet. To help your entire mind feel this, use your hands to follow (or direct) the energy as it covers over your body. Use one hand at a time as the energy covers your arms and hands themselves. As you do this, realize fully that you are being enveloped by an impenetrable shield of protection. Continue this process until the bright white energy has covered you completely down to the bottom of your feet. You are now entirely surrounded by this energetic protection. The shield is complete and connected together, covering you all over, hovering just above your skin from head to toe. Nothing can harm you. You are protected from any serious injury. Nothing has any power to break through this. The stronger you can *see*, *feel*, and *know* this, the more powerful your shield will be. When you end

this exercise, that shield stays there. It's invisible, but you can still see it in your mind's eye whenever you decide to look for it. You know it's there. Take a deep breath. As you let it out, let go of any need to control what might "happen" to you. Know you are protected. Never doubt it. When you leave the room, know that your protective shield is staying with you, always hovering just over your skin. I recommend that you do this exercise repeatedly, on different days, until you can feel that your shield is always in place—until you know that you have constant protection—until you can look at your body any time that you like and see that your shield is there.

Exercise 40: Protecting Others

Use this exercise to shield a loved-one with powerful protection. This exercise is similar to the last one and just about as easy to do. You will do this with the person you are protecting. Relax and clear your mind as usual. Lay both of your hands on the top of the person's head. Feel the energy of the person you are touching. You may sense a host of complex feelings, as the energies of relationships are quite complicated, especially between partners and parents/children. As you get a good sense of the person's energy, clear any negative feelings that you may have. Breathe them out if necessary. You do not have to say anything about them. You want a good, clear connection with the person you are touching. Once you have that connection, bring to mind your intention to shield this person—a powerful, magical shield that protects them no matter what. Suddenly, raise both of your hands just slightly off of the person's head (about an inch). As you do so, imagine an invisible magical shield beginning to be formed at the top of their head, just under your hands. In your mind's eye, see this powerful shield as an electrical, vibrating, impenetrable energy. See it in color—a color that represents protection to you. That could be blue, green, yellow, or even clear or white. Bring your hands slowly down over the person's body—around their face, down their neck, over their shoulders, down their arms, and so on. You do not have to touch them. Your hands can hover just over their skin or clothing. While you do this, see that the powerful shield is spreading over them, continuous and seamless, hovering less than an inch over their body. Keep doing this until you have gone down to the person's feet. Then see the shield wrap around under their feet and connect with itself. It now envelops the person completely. It exists as a powerful energetic protection shield that

floats just a fraction of an inch over the skin of their entire body. As you *see* the completion of the shield in your mind, *feel* it's completion. Your loved-one is now protected, encased in magical protection that is certain and sure. Feel this deeply. *Know* it. Dismiss any doubt or fear. If you truly know the person is protected, they will be. This is powerful! As you bring your hands away from the person's body, completely let go of any need for that person to be protected. It is no longer a need, for it is already done. Take a deep breath, let it out, and relax. As you walk away from this exercise, look at the person you just worked magic on. See that their shield is still solidly and firmly in place. As with some other exercises, you can repeat this process on different occasions. Each time you do, the shield around this person is strengthened. Remember, this is all about how you actually observe reality. So when I say the shield is strengthened, I really mean that your observance of it becomes more and more solid.

Exercise 41: Remotely Protecting Others

This exercise is also for shielding a loved-one, but in a situation where they are not with you. We will use a holographic reality to accomplish the same purpose with distance magic. Alone in a quiet room, relax and clear your mind. Make sure you have a clear space in front of you to work with. In your mind's eye and using both your hands, create a sphere of energy in the empty space in front of you. See that the only thing in that sphere of energy is a holographic image of the loved-one that you wish to shield with protection. Get a sense of the person's energy as their holographic image becomes clear to you. If the person you are working on is currently in some form of trouble, in danger, or at risk (or you have been worried that they were), then do the following: Identify any negatives that are in the energy sphere with them. These might be dangers, risks, or unknowns. See those as dark clouds of energy. Reach in with one or both of your hands, grab each of those dark clouds, and fling them outside of the energy sphere. Do this until you see that the energy sphere is free from such dark energies. If you have no current concern about the person you are working on, then you can skip that part. Now that you can see a clear holographic image of your loved-one in front of you, reach into the energy sphere with both of your hands and place them on the top of the person's head. We are dealing with holographic reality here, so this is just a representation to you of that person. Clear any negative feelings

that may arise in yourself about the person you are working on. Breathe them out if necessary, until you sense a good, clear connection with them. Now, let your mind center on the intention to shield this person—a powerful, magical shield that protects them no matter what. Starting with your hands just slightly over the hologram of the person's head, imagine an invisible magical shield beginning to be formed under your hands. In your mind's eye, see this powerful shield as an electrical, vibrating, impenetrable energy. See it in color—a color that represents protection to you. Perhaps you see the shield as blue, green, yellow, or even clear or white. Slowly move your hands around the person's body, always hovering just a little above them. Go from their head down to their neck, over their shoulders, down their arms, and so on. As you do this, see that a powerful energy shield is spreading over the holographic form of this person, continuous and seamless, hovering less than an inch over their body. Keep doing this until you have gone down to the person's feet. Then see the shield wrap around under their feet and connect with itself. It now envelops the hologram of this person completely. At the same time, it envelops this person in reality, wherever they are. It exists as a powerful energetic protection shield that floats just a fraction of an inch over the skin of their entire body. As you *see* the completion of the shield in your mind, *feel* it's completion. Your loved-one is now protected, encased in magical protection that is certain and sure. Feel this deeply. *Know* it. Dismiss any doubt or fear. If you truly know the person is protected, they will be. This is powerful! Slowly but confidently remove your hands from the sphere of energy. Completely let go of any need for that person to be protected. It is no longer a need, for it is already done. Take a deep breath, let it out, and relax. Look again into the energy sphere, at the holographic image of the person you just worked magic on. See that their shield is still solidly and firmly in place. With both of your hands, touch the outside of the energy sphere. Bring your hands closer together, collapsing the energy sphere between them. As they touch, allow it to be absorbed into yourself—into your consciousness. You can repeat this exercise multiple times and for multiple people. Each time you do this for the same person, see that the shield around them is strengthened.

Exercise 42: Protecting Home and Vehicles

Yes, you can also protect your home, vehicles, aircraft you are flying in,

even the building you are working in. When I first began practicing magic, I realized that I had been unconsciously protecting myself for many years. So I decided to consciously apply that protection energy to objects. I shielding our family's vehicles repeatedly until I felt that they were sufficiently protected. One time I was driving my family on the freeway. We were moving fairly fast. My wife was next to me in the front seat. I glanced over at her as I talked to her. At the same moment, the vehicle in front of me suddenly stopped—but I hadn't noticed. My wife yelled. When I looked at the road again, the back end of the vehicle in front of me was only a few feet away, and I was still going quite fast. I didn't have a millisecond to spare to check any lanes around me, but I automatically jerked the wheel, violently swerving into another lane. I scarcely missed them. One second later, I was in another lane, still slowing down. My wife was shocked, as she thought for sure there would be an impact. But I just drove on as if nothing happened. The next lane just happened to be clear on the crowded freeway—and I just happened to choose the right direction to swerve in to get to the empty lane. Now, I never switch lanes like that without looking. This reaction was completely automatic—almost as if some supernatural force helped me do it. As I drove on, I realized just how powerful my shielding could be.

Do this exercise when you are actually in the object you are shielding. If it's your home, do this inside your home. If it's a car, do the exercise in the car (not while driving, of course). Relax and clear your mind. Pick a part of the object to begin with. If it's a car or plane, I recommend starting with the front end of it. Reach your hands towards that first part of the object. Imagine a powerful shield of protecting energy beginning at that spot and making its way around the entire object. See the energy shield hovering about 6 inches or so past the edges of the object. As it moves around it, follow that shield (or direct it) with your hands. Of course, you don't have to touch the outside of the object. Just point your hands toward the shield as it moves. For example, if it's a vehicle, you're going to imagine it being covered by this energy all the way around it as it goes from front to back, directly your hands from the front to the back of the vehicle as the shield moves toward completion. If you are on a plane, small motions with your hands are sufficient. Once you get good at doing this, you won't have to use your hands at all! When you *see* and *feel* that the shield has entirely surrounded the object, feel a surge of energy as it knits itself together to completely encase the object. If you are

shielding a house or other building, yes, this means that one side of the shield will penetrate into the ground. Once you know that the shield is complete and in place, breathe out and relax. Let go of any concern about the welfare of the object you just shielded. It's protected. Trust that. As with other shielding exercises, I recommend that you do this repeatedly for your own home and vehicles until you know they are sufficiently protected. Remember, it's your knowledge of this—your actual observance of it—that creates and sustains this protection.

Exercise 43: Protecting Objects

This simple exercise is for shielding any type of object. This is easier to do than shielding people, as our relationship to an object typically doesn't have a host of complex feelings around it. This is a useful exercise for protecting certain objects that have value to you. This could include electronics you depend on (like your computer or cell phone), breakable items of value, or things that have sentimental value to you. For example, I have used energetic shields to protect my cell phone. Each time I get a new phone, I spend a few minutes shielding it. As a result, I never use a screen protector. I never have to. To do so would be to doubt my magic. Not only has it protected my phone from breakage, but my screen stays quite pristine! I have used a slightly different form of shielding on the same cell phone to protect it from exposure to water. You can use object shielding on an endless variety of items and in a variety of ways. The results of the magic will vary widely, depending on the object and how you shield it. Let's get to the exercise…

Bring the object to a quiet room where you can be alone. If the object is too large, then just go to where it is located and do the magic there at a time when you can be alone with the item. Relax and clear your mind. If there has been any concern or tension about the safety or protection of the object you are working with, now is the time to let go of that. Breathe it out. It doesn't matter now. In a moment, the object will be shielded, and you can let go of any concern about it. Either take the object in your hands, set it on a table or desk, or position it on the floor in front of you. This depends on the size and shape of the object. You are smart. Use your brain to figure out what will work best in this case. With your mind cleared of any concern about the object, lay one or both of your hands on it. Imagine a powerful energetic

protection shield begin to surround the object, forming where your hand is touching it. As the shield begins to form, suddenly move your hand slightly away from the object (about an inch, less for small items). The concept here is that as the shield begins to form, its energy pushes your hand away from the object. Depending on the size of the item, move your hand or hands around it to complete the shield. See that the shield forms underneath your hands as they move around. Do this until you have create a complete shield that surrounds the object, knitting itself together into a seamless energy. The shield is now complete and in place. Feel that deeply. You see it. You feel it. You know it is there. It's done. Relax and completely let go, trusting in the protection of the shielded object.

An important note here: Just because you create a magical shield around something doesn't mean that you should deliberately be careless about it. I don't throw my phone or drop it out of a window just because I know it's shielded. To do so would be to act in a way that is opposed to the magic. Sometimes magic works by preventing things from happening that would lead to an event that would be opposed to the magic. If you deliberately do something that goes against your magic, it's your own fault. Don't blame the magic for not working. Prevention is better than repair. You may, in fact, find yourself even more careful about an object that you protected. This makes sense. You are working with the magic you worked and not against it. For example, let's say a person who drops and breaks their phone repeatedly learns this magic and uses it to shield their phone. The most immediate result of that magic may be that they suddenly change the way they hold or carry their phone so that they no longer drop it. There's more to the magic than that, of course, but my point is that we should work with the intention behind our magic—not against it!

Exercise 44: Protection by Linking Objects

Another form of protection is to link things together. This type of protection could prevent theft or loss. You can use this exercise to link objects to people. For example, if you carry a purse, you can link that purse to yourself to ensure that you don't forget it, lose it, or have it stolen. You can also use this exercise to link people to people. For example, you may wish to link one of your children to you to ensure that you will never lose them. I have actually used this type of magic quite a lot. Multiple of my children

have gotten lost in various ways over the years. I have one daughter in particular that is very energetic. When she was young, she would skitter around and out of sight quite quickly. My wife and I would get distracted for just a moment, and she would be gone. She often got lost in stores, for example. While this was concerning at times, it was actually good for me in that it encouraged me to learn and solidify my magical skills. Her frequent separations from us in public places became a catalyst for me to learn a new form of magic. Out of my immeasurable love for my daughter, I determined that I would create a strong, solid, unbreakable connection with her. This way, no matter how, when, or where she got lost, I would always find her. Do to this, I created an imaginary link between myself and my daughter. I imagined that this was like a string that could stretch as much as necessary but was absolutely unbreakable. To find her, I could just pull on the imaginary string and reel her back in. One time, she got lost in Disneyland. Our family had turned aside in a crowd while my daughter kept moving forward. Finding herself lost, she chose a direction and began walking in it—among a crowd of hundreds or thousands of people! When I realized she was missing, I naturally went looking for her. I quickly cleared my mind from worry and tuned in to where she went. I realized immediately which direction she had gone in, and I started wading through the crowd in that direction. But it was difficult to get through the masses of people! And I knew that as she kept walking, it would be a while before I got to her. So I found that imaginary connection string and yanked on it! As I did this, I imagined her stopping and coming back toward me. Sure enough, she stopped, turned around, and began walking back in my direction—just like magic. It was only another minute or two later that I found her.

To do this exercise, first determine what you are going to link together—a person and an object, two people, or even two objects. Go somewhere alone where you will have a little space to work. You can do this exercise with your eyes open or closed. Relax and completely clear your mind using a method that works well for you. Stand up. Bring your hands out in front of you. Form two small spheres of energy with your hands—one on your right and one on your left. In these two spheres, see the two objects or people you are going to link together, one in each energy sphere. Once you clearly see the objects or people in the spheres, grab the spheres so that you have a tight grip on them —the right one in the right hand and the left one in the left hand. Now, with a

strong intention to link these two things together, see a powerful current shoot between the two energy spheres. At first, this is like a solid bolt of electricity that connects the two spheres. This electricity surrounds the objects in each of the spheres. Hold it there. Note that this could get intense, and your hands could shake as you hold this energy. Hold onto it tightly, seeing that the connection between the two things is getting stronger and stronger and stronger. The bolt of electricity solidifies into something like a solid cord or cable. It is unbreakable. See and feel this intensely. Keep holding it until you strongly feel that this connection is firmly in place. Now you know that the connection is there and it is unbreakable. Before you let go, imagine that anything and everything could try to sever that connection. Giant scissors may come down from the ceiling and attempt to sever it. Instead, the connection sparks and the scissors go flying off. An explosion could try to destroy it, but it has no effect. Allow yourself to imagine whatever powers come to mind that try to separate the objects or destroy the connection, but to no avail. No matter what happens, the connection stays strong. In fact, anything that attempts to break it just ends up strengthening it. *It is unbreakable.* Completely let go, allowing the vision to gently and peacefully fade away in front of you. Let your hands drop to your sides, relax, and go on with your day.

18. Body Image Magic

Magic is believing in yourself. If you can do that, you can make anything happen.

—Johann Wolfgang von Goethe

The human body is an amazing and beautiful thing! Many of us, however, have a lot of issues about our bodies. Comments from others, our own self-consciousness, and society's standards all tend to have an impact on our body image. How you look at yourself is more important than how others look at you. Regardless of how your body is at the present moment, always respect, love, and cherish your own body. Sending your body a powerful message of self-love can only aid your magic and your intentions to alter it in any way. Knowing that many people are striving to make changes in their own bodies, I am providing the exercises in this chapter to help you reach your goals in this area. Mind Magic can be very powerful when working on your own body. If you are working on someone else's body, you are coming up against any subconscious energies that the person has about their own body. When you are working on yourself, you can expose and resolve any such issues. Note that while certain changes can have instant and immediate effect, others may change gradually over time. This doesn't mean the magic isn't working or is too slow or limited. This just means that our perception of reality can take some time to shift. Remember that magic is the unseen energy force of the power of observation. As long as your observation is consistent, the energy force behind it will be constantly working. If you were going to empty a lake into a river by opening up a dam, it's going to take some time. The force involved to empty the lake might be intensely strong—but it will still take time for all that water to move from one side of the dam to the other. Whatever body image magic you choose to engage in, be content with your body as it is now. This utilizes the magic of *now* and will help to bring about the desired effects even faster. If you can see that your magic is instantly done, great. If not, just see that your body is constantly becoming more and more like what you desire. And let go of it having to be any particular way.

Exercise 45: Getting Thinner

Notice that I didn't call this exercise "losing weight". Why not? If you are trying to get rid of excess weight, the idea of losing weight probably creates negative feelings and thoughts in you. However, the idea of becoming thin or getting thinner may create positive feelings. If you are trying to get rid of some reality, don't focus on it. Instead, focus on the thing you desire. Focusing on negatives will sustain or even increase those negatives. If you have struggled at all with weight, you have probably learned that temporary diet changes are not the answer and that diets don't produce sustainable long-term results. Mind Magic can guide you to the real answers quickly and efficiently.

For this exercise, go to a quiet room where you can be alone and where you have a good amount of empty space in front of you. With both of your hands, form a large sphere of energy. See a hologram of yourself, as large as life, in the middle of the energy sphere. This holographic version of you is thinner—as thin as you'd like to be. Perhaps that is as thin as you once were. What once was can easily be again. It is easier for you to believe this when you think of it this way. If it helps, you may want to look at a picture of yourself when you were thinner. The holographic "you" truly is as thin as you'd like to be. It is just a hologram projected by your own mind, so of course you know this can be. Don't limit it. The only limit is in your own mind. See how happy that hologram of yourself is? See how satisfied your hologram feels about your weight? Walk around the large energy sphere. Look at the happy image of yourself within it from different angles. Next, walk behind the sphere and enter into it—but don't enter into your holographic self just yet. See that both versions of you are now inside the sphere—the one of you as you are now and the other of you in the condition of thinness that you desire. Next, you are going to do two things at once. You are going to step into your hologram and feel the way your hologram feels about your weight. You know that any concern about weight does not exist in your holographic self. It cannot exist there. That would be ridiculous. At the same time that you step into your hologram, you are going to feel all negative feelings about your weight get pushed out of your body all the way to the outside of the energy sphere. Got it? Now, step into your holographic vision of yourself and feel any consciousness of any weight concern getting forcibly pushed right out of you. See and feel it get forced out of the energy sphere,

unable to reach you any more. You are now freely able to become one with your thin hologram self. Feel that oneness. Deeply. You have stepped into that version of yourself that is as thin as you desire to be. To finish this exercise, allow the sphere of energy to implode upon yourself, at whatever speed is comfortable to you. The collapsing of this energy sphere seals your oneness with your thin hologram self. Take a deep breath. As you let it out, completely relax. Let go. Don't worry about it any more. As you leave the room, *know* that you are, energetically, that thin version of yourself that you have seen. You can now completely let go of any concern about it. Go on with your day expectant of the positive changes you will begin to observe in your body. Pay attention to information that the Universe may provide you—guidance, awareness, direction—which may assist you in making the changes easy and natural. You may find yourself becoming aware of information or coming into contact with people that can assist you. For example, you may learn about switching to a low-carb lifestyle and never need to diet again. The magic you have worked makes any needed changes flow simply, easily, almost automatically. You will know when the right information comes your way. It will resonate with the magic you have done here. If you ever find yourself thinking or feeling negatively in this area again, simply do this exercise again—and let the feelings stay with you! If you are already happy with the results and you completely let it go, I'm confident you will truly be happy with the results.

Exercise 46: Getting Younger

This is a powerful exercise if you do it correctly. Science tells us that every cell in your body is replaced every several years. This means your body is always remaking itself—recreating itself anew. Increasing your longevity or even getting yourself to look younger is absolutely possible. Your genetics hold the key to a youthful appearance. There are a lot of things you can do to encourage the optimal expression of your genetics to both look and feel younger. We are going to start this process by using Mind Magic. This exercise is advanced, but it's another one that I think will be in high demand. As you do this exercise, remember that your subconscious mind is limitlessly powerful. It is, ultimately, our subconscious minds that control our health, safety, wellness, weight, and more. It's just a matter of convincing your

subconscious that what you desire here is absolutely true. That's the power of the quantum observer effect.

Go alone to a quiet room where you have some space to work. Stand in a cleared space in the room. Stretch out your hands and form a sphere of energy all around you in your mind's eye. You are in the center of the sphere. When the sphere is complete, reach out with your hands and feel the inside walls of it. It's there. This is your space for working this magic. Bring both of your hands out in front of your face. Form a timeline in front of you by separating your hands to the right and left. This is *your* timeline, and it is inside the magical sphere. This means that you can manipulate it to a certain degree. For this next part, you are going to allow yourself to see into your past and future. Look at the center of the timeline in front of you. This represents you in the present moment—how you look in your physical body. Let your eyes slowly follow the timeline to the left. You can use a hand here to help you follow along if it helps. As you look back into the past on your timeline, see in your mind's eye how your body looked at various points in the past. One year back, five years back, ten years back. You can scale the timeline however you need to inside your energy sphere. If you were to look to the right, you would see how your body will look in the future, but you do not need to do that for this exercise. Slowly look backward along your timeline until you get to the place where your body looks young enough—that is, young enough for you to be content with if that was how you looked *now*. Stop. Let your eyes and hand rest at that point on your timeline where you see your body as young as you desire it to appear. This might be five, ten, or even twenty or thirty years ago. Allow yourself to resonate with how your body looked *then*. Feel yourself connect with it. Let it sink in deeply. Remember how it felt to look that young. Your face, your skin, your hair. Allow yourself to intensely feel what it was like to look as you did then. With one of your hands, grab the image of yourself at that spot on your timeline. Slowly and with intention, use your hand to drag that image of your body forward along the timeline—to the right. Keep moving it forward slowly and with intensity of feeling until you reach the place on the timeline directly in front of you—or even a little to the right of that, a little into the future. Stop again. Keeping your hand at that new spot on the timeline, let yourself truly and deeply sink into the feeling of still being that young in your body—still feeling that young, still looking that young. Resonate with it until you feel

that you *know* it is so. Take a deep breath, let it out, relax, and completely let go. There is nothing else you need to do. Go on with your day and with your life. Just stay open to any guidance or information that may push you quickly in the direction of these changes.

Exercise 47: Muscular, Sexy, or Attractive Appearance

You can use this exercise to change your body's physical appearance, muscle composition, and/or how sexy and attractive you wish to appear to others. If you are already perfectly content with how your body looks, then you won't need to do this exercise. If there's anything you'd like to change, then proceed. The magic here is a little advanced, but it is powerful. Go to a quiet room where you can be completely alone for a little while. You will need some space on the floor to work with. Relax and clear your mind using a method that works well for you. Stand up with the empty space in front of you. You are going to make a cylinder of energy in that space—big enough to completely surround yourself if you were standing in the middle of it. With both of your hands and in your mind's eye, form a cylinder of magical energy in front of you. You can move around if you need to. Imagine the cylinder of energy coming up out of the floor and extending to the ceiling of the room. The inside of it is a chamber. It is within this chamber that you will work the magic. Get a good feel for the cylinder. See it clearly in your mind. Feel the outside of it with your hands. Got it? Now, using both your hands, you are going to make a holographic copy of yourself and place it inside the cylinder. Touch your head, face, chest, or shoulders with your hands, and imagine that you are taking a copy of your energy. Grab hold of that energetic copy of yourself and push it into the cylinder. Only your hands should enter the cylinder to do this. Next, remove your hands from the cylinder. Take a good look at the energetic copy or holographic version of yourself in the cylinder. That version of yourself should be standing and facing you. What do you see in that hologram of yourself? Are you standing tall or slouching? Are you smiling or frowning? Are you dressed nicely or shabbily? Is your hair well-styled or messed up? Do you look sexy and attractive or just so-so? Understand that I'm not talking about how the physical "you" looks right now. I'm talking about the default way that you see that hologram of yourself. This is important. Once you get a clear picture of how that looks, think about what you'd like to change. Next, insert your hands into the

cylinder again. Realize that your hands are charged with magical power. They are like the antennae of your mind. Only insert your hands and arms into the cylinder at this point. Using your hands, adjust, fix, or change the parts of your hologram that you choose to. Touch the different parts of your hologram to change them. Use your imagination here. What do you wish to change? You might touch your holographic self's face. You smile. Your eyes brighten. You skins glows beautifully. You might touch your hair and see that it is attractively styled. You might touch your shoulders, chest, and belly to shape them in a more muscular or sexy way. You might touch your clothes and see them transform before you like the Fairy Godmother did in the Cinderella story. You might put a touch of confidence in your face, fix any slouching, or adjust your pose in any way you like. Feel free to mold, shape, and alter whatever you would like about your holographic self. This is yourself you are working on. You have the right and privilege to change it however you see fit—or to leave it as it is if that's what you prefer. Do what you choose to do—and do it for yourself! Once you have made all the changes you desire to your hologram in the cylinder, remove your hands again. Look closely at that hologram of yourself. You might want to walk around the cylinder to see yourself from different angles. Now take a look at the cylinder itself. It extends from the floor clear up to the ceiling. And it is now filled with the magical energy you have inserted into it. When you are ready, you are going to step into the cylinder and into your hologram. Walk around to the back or side of the cylinder and step into it fully and suddenly. Step completely into that hologram of yourself so that it is fully overlaid on top of your physical body. Position your body so that you are in the same pose that your holographic self was in. See how you are now inside the cylinder that is filled with this powerful magical energy. Feel the surge of the energy of your holographic self filling you. Feel this energy coming up from your feet, up your legs, through your torso, and gradually up to the top of your head. When it is complete, allow yourself to feel fully one with that hologram of yourself that you envisioned. You are one! That is you. *Feel* it. *Know* it. Reach both of your hands out to your side so that they are just past the wall of the cylinder. Grab hold of the cylinder walls with both of your hands. Feel the powerful surge of energy that is inside this magical cylinder coursing through your hands. Now pull the walls of the cylinder inward to your chest, collapsing all of that magical energy into your physical body.

This may create a sense of a powerful surge that could possibly knock you over. Be prepared for that. Once you have collapsed the cylinder of energy, the magic is done. Relax. Take a deep breath. Completely let go. And go on with your day.

Exercise 48: Increasing Mobility, Agility, or Physical Ability

This exercise is for increasing your physical mobility, strengthening your agility, or enhancing (or even adding) physical abilities. You may desire to increase your spinal flexibility, for example. You may desire to make it easier to climb stairs. Or you might like to be better at certain sports. For this exercise, you are going to use a copy/paste strategy. What you need to do first is find someone that has the skill, flexibility, or ability that you desire. You don't need to find the actual person—just think of that person. In this exercise, you are going to copy the attributes you desire from that person and paste them onto yourself. Don't worry. This won't harm the other person at all, nor will it actually take anything from them. Let's begin…

Go somewhere where you can be alone for a short while. You can sit or stand for this exercise. Completely relax and clear your mind. Bring to mind the person you are going to "borrow" from. Get a clear picture of exactly what attributes of this person you would like to have yourself. Bring both of your hands out in front of you, palms out. Imagine that you—or an energy that represents you—is in your left hand, while the other person—or an energy that represents them—is in your right hand. Make these energies a reasonable size—perhaps the size of a large grapefruit. You can see these as images of yourself and the other person—or as simple small spheres of energy that represent each of you. Look at the image or energy of the other person in your right hand. Think of one of the attributes of this person that you would to have yourself. Remove your left hand from the image/energy of yourself and reach into the energy of the other person being held by your right hand. See that the energy of "you" stays there, waiting for your left hand to return. With just your thumb and forefinger, grab the attribute you see from the other person's energy, "copy" it, move it over, and insert it into your energy—the sphere of energy or image of yourself that is hovering there where you left it. Follow this same process for each attribute of the other person that you want to copy to yourself. Reach into their energy (in front of your right hand) with your left hand, grab the attribute you desire with your

thumb and forefinger, copy it, and place the copy into your energy (in front of where your left hand started). Important: You are only choosing those specific attributes of the other person that you desire to have. Don't just copy everything from that person onto yourself or you may get wildly unexpected results. Just focus on the exact attributes you desire. When you are finished copying everything over that you desire to, place your left hand back into position. Continue to hold both of your hands out in front of you. Now look at the image or energy of yourself in your left hand. See that you now have all of the attributes that you desired from the other person. When you can see that and feel that deeply, you are done. To finish the exercise, turn both of your palms upward and allow the images or energy spheres to dissolve and dissipate into the air around you. Completely let go. Let go of any need or feeling that you have to make anything change. Continue to see and feel yourself with those attributes that you copied as you go on with the rest of your day.

19. Miscellaneous Magic

I am a great admirer of mystery and magic. Look at this life—all mystery and magic.

—Harry Houdini

There is really no limit to how you can use Mind Magic. You can use it to change any circumstance or situation. Remember, every circumstance, every situation, every *thing* in the Universe is composed of energy. Energy is, by nature, influenced by the power of observation. Therefore, there isn't anything that you can't influence using your observation. The quantum observer effect can be applied to anything. In this last chapter of magical exercises, I am giving you some miscellaneous examples of how you can use Mind Magic to accomplish a variety of things. Use your imagination. There is no limit to what you can do! There is only learning how to do it.

Exercise 49: Projecting Energy

This is an area where you can really have fun with Mind Magic. Remember the example I gave of the girl at the waterpark back in Chapter 6? What I did there was project energy towards her, causing her to turn around just long enough for me to read her shirt. While much of this kind of magic can be used just to have fun, it can also be quite useful. For example, let's say you're about to walk into an office where people are arguing and you can sense a lot of stress. You could project some peaceful energy ahead of you to take the edge off the tension just before you enter the room. There is no end of the variety of ways you could use projection magic. I have used it to clear a path in front of me so that I could walk quickly through a dense crowd—or to move a slow car out of my path so that I can get past it. You don't have to live your life with such common frustrations! Just relax and throw some energy at it—and see what happens.

Like other exercises, this one could be done alone in a quiet room. Or you may need to work this magic in the moment in a crowded room, at a meeting, or in some other social situation. That's fine. Wherever you are and whatever is going on, take a deep breath and let it out slowly. As you do, relax and

clear your mind the best you can regardless of the situation you are in. With a clear and peaceful mind, set an intention. It might be to cause people sitting around a table to stop arguing. It might be to cause someone who's acting poorly to leave. Whatever it is, see the result of your action. See the effect that you are magically causing with your mind. In the case of an argument around the table, you would see those people being peaceful and quiet. In the case of the person you wish would leave, see what the room is like after they have left. Don't focus on what's happening—just on the result of your intention. Now take that concept, that picture, and encapsulate it in a small energy sphere in one or both of your hands. You can do this discreetly, if necessary. You're going to use your hands to project the magical energy. This links your conscious intentions to your subconscious by giving you a physical action to do in order to cause the result you desire to see. If you have done a lot of the other exercises, you should be getting pretty good at creating and moving energy around with your hands. That training will be useful in this exercise of projection magic. Also, be clear about what your intention is. Unfocused causes may have indeterminate effects. Your magic will still work some change. It just might not be what you expected. If you are unclear about what you desire, you may get some strange side effects. So put clarity into your energy sphere. Once you have it there, fling it at the situation that you wish to effect. See that the energy sphere enlarges as it goes to hit its target. If it's a particular person, see it wrap around them and engulf them. If it's the whole room, see your energy sphere grow until it fills the room, thus accomplishing its purpose. Have no doubts about what you are doing, and be as discreet as you feel you should be. Let go of any attachments to the results that you desire. Then just sit back and watch what happens! Incidentally, on the idea of being unclear, I have actually deliberately done this on occasions. Let's say you're in a room of people and something just feels off. You can't figure out what it is. Maybe it's just boredom. You can create an energy ball and stay unclear about what you desire—on purpose. Maybe you want to spruce up the atmosphere a bit, but you don't particularly care how. This is fine. Throw some general ideas into that energy ball. Fun. Cheer. Weirdness. And then just fling it into the room, projecting that energy all over the place. Then sit back and watch the effects. If you are open to a wide variety of results, you may see some strange or unexpected things. Have fun with this!

Exercise 50: "Reading" Information

This gets into second sight concepts, which I really didn't cover in this book. However, I will teach you this one exercise so that you can get the general idea. I use "third eye" or "second sight" every day to "see" things I wouldn't be able to see with my physical eyes. This skill can be extremely useful when working magic, as it allows you to assess situations with information that you wouldn't have access to with your physical senses. For example, I can do reflexology on someone's feet to remove virtually any headache (migraine or not) in a matter of minutes. To do this, I use a combination of my second sight skills and Mind Magic. I can "see" exactly where to press on a person's foot in order to alleviate pain. I can locate it with my eyes or with my fingers. It's as if my fingers have eyes that can sense where the pain spots are located. And these spots on the foot correspond to the areas in the person's body where there is pain or a health condition. If someone tells me they have a headache, I can pause, relax, look at them, and see where the headache is located—behind the eyes, on the side, by the neck, whatever. I cannot teach all the details of how I have learned to do this in this book. I will delve into this more in a later book. It has been so much fun writing this book, that I'm quite certain I will write another—perhaps several others! What I do want to teach you here is the beginning of how I learned to "read" information.

Start with a concept that all information is available and present in the Universe. This is based in the connection of all things, energy, ideas, beings. In scientific terms, all "information" in the Universe is linked together across what some call the zero-point field. Anyway, you may not believe in this idea. I'm telling you that you should start. When I started truly believing in the idea that all information was everywhere present, I found that I could access virtually any information I needed. How? By asking questions. Yes—ask questions! With a calm and relaxed mind, ask open-ended questions about anything. Then, listen for the answer. Now, don't misunderstand this concept. You need to structure your questions correctly. The idea here is not that you ask questions of yourself but of the Universe. If you ask yourself, your ego may answer you. *Should I steal this item? Should I rob that bank?* These questions are aimed at yourself and your own ego and are obviously flawed. Ask questions about information that you don't currently have and which would be useful to you in the moment. *Is this meat bad? Whose jacket*

is this? Who is that at my front door? When you begin asking the Universe simple questions with an expectation of simple answers, you may be surprised at the information you get back.

This exercise is fast and easy. It can and should be done over and over and over again. Relax and clear your mind in any situation. Ask a simple question that is looking for a simple answer from the Universe. You can ask it out loud or in your mind. Listen for an answer. This could come in the form of a voice in your mind, a picture of the answer, or an idea of some kind. Usually, it is the first thing that comes to your mind. If you want to get really good at deciphering the answers you get from the Universe, validate each answer afterward. Learn what it feels like to get an accurate answer as opposed to an inaccurate one. Learn to distinguish between your own ego's voice and the information that freely flows from the All. There is a great difference!

I have gotten so used to asking questions and receiving accurate answers that I often ask a question out loud (meaning it to be for other people), and I immediately get the answer in my mind from the Universe. The answer comes to me faster than anyone can answer the spoken question. Sometimes I will say, "Nevermind. I just got the answer." Or I will state the answer out loud just after I asked the question. This tends to annoy my wife, as she doesn't like to be asked a question, answer it, and then be told I already got the answer. So sometimes it's just better to keep things to yourself.

Exercise 51: Playing with Traffic Lights

Yes, you can play with traffic lights using magic, too. When I first started doing this, I was using magic to influence traffic lights to stay green, turn green, or simply be green by the time I got to them. I attempted this magic based on the idea that stoplights are governed by simple programs that change the lights based on timing, sensors, or some combination of those. I was beginning to get fairly good at this. Then I realized that I was messing with something that was very important for the safety of people on the roads. If I influenced my light to turn green, did that guarantee that the opposite lights would take the appropriate time to go from yellow to red? Since I always ensure that my magic is not causing any harm to others, I decided to stop using it to influence traffic lights. Sometimes, you don't know what will result from directly influencing the energy of the Universe to create change. I

determined that I was possibly risking harm just to save myself a few seconds. So I changed how I use magic around stoplights. Now, I just "read" the information from them. That is, I can tell when a light is going to change. I actually learned this while attempting to influence the lights to change by tuning into the light itself. I learned to *feel* whether or not I could influence the light before I attempted to do it, and this taught me to feel when the light was going to change. I found that this was actually useful to a small degree, as I could pace the speed of my car to match when the upcoming light would be green. This at least saved some acceleration/deceleration. But mostly it was just fun.

For this exercise, I'm not going to teach you to influence the changing of traffic lights. Instead, we are going to expand and develop your new skill of learning to "read" information from the Universe. You will do this exercise while driving, so keep your eyes open, of course! Just get into a relaxed state while you drive, not engaging in any conversation and clearing your mind from any clutter. Whenever you are stopped at a traffic light that is red, pay attention to the light. Tune into it. Imagine your mind connecting with that traffic light—as silly as this may seem. Connect with it until you can *feel* it. If you are tuned into the light, you will feel something when it changes. This is more than just seeing it change—and it has nothing to do with watching the lights in the perpendicular direction. Notice the feeling you get when it turns green. Do this a few times at a few different lights. Once you have a good grasp of what it feels like when the light turns green, I want you to take this to the next level. The next time you are sitting at a red stoplight, pay attention to the feeling you get *just before* it turns green. Yes, there is a feeling there! It's one of anticipation. I think there is a morphic field around traffic lights that modern society has unknowingly developed. Many people put their minds into the expectation of a stoplight changing color. And so of course there is a shift in the energy of the Universe just before a light changes! Tune into that feeling. Do this several times at several different traffic lights, and you will soon be able to tell that the light is about to turn green. You will get that same feeling that it's about to change just a second or two before it does. If you continue to practice this, you will be able to tell further and further in advance of when the light will turn green, and it will become easier and easier to tune into the stoplights you are approaching. I can, whenever I choose to, easily tune into the next stoplight to determine whether it's going

to change or stay the same, turn red or turn green. Then I can adjust the speed of my car appropriately. Of course, I'm not always doing this. Often I'm distracted or engaged in a conversation while I drive. But if I'm bored, I can play with the traffic lights in this way—just to have a little fun with some magic!

Exercise 52: Finding Lost Things

Here is another magical exercise that you may find quite useful. Ever lost something and been frustrated that you can't find it? Of course you have! But you don't need to—not anymore. This simple exercise has helped me find everything from toys to keys and beyond. I can only think of one glaring incident where it simple didn't work. Nearly every time, it works like a charm. If you've lost something and you're looking for it—or if a loved-one has lost something and you'd like to find it for them—then do this:

Wherever you are, close your eyes for a moment. Take a deep breath, clear your mind, and relax. Hold out one of your hands in front of you with the palm facing up. Imagine that you have found the item in question, and it is in your hand. In your mind's eye, see it there—clearly. As you open your eyes, look at your open hand. Allow yourself to see that the item is really in your hand. If it's small enough, wrap your hand around it a little. Feel it in your hand. If it belongs to you, imagine yourself putting it away or using it. If it belongs to someone else, imagine yourself bringing it to them, seeing the happiness on their face that this thing has been found. In either case, feel what it's like to have found this item. It's a happy feeling. A satisfied feeling. A feeling that is accompanied by letting go of any tension about it. *Feel* yourself letting go of any and all tension about this thing being lost. It was lost. Now it's found. *Know* that. You can let go of it because you know it's already found. It's inevitable—like it's already happened! *Let go*, take another deep breath, and go about looking for the item. You may be inspired to look certain places for it. You may be guided toward where the object is—or you might not be. Don't worry about it. Just let go. When the item is found, hold it in your hand just as you did in your imagination. Even if someone else finds it, ask them if you can see it, and hold it in your hand. Note that someone else finding it is still a complete success. Your magic never said *you* had to be the one to find it. Be open about this. As you hold the found item, let yourself feel deeply thankful that what you visualized has

come about. This will solidify this magic in your subconscious mind, making it even easier to do the next time. Congratulations! You never need to worry about things getting lost again.

Exercise 53: Increasing Your Magical Power

Yes, you can even use magic to increase your ability to do magic. Why not? For this exercise, we're going to use a cylinder of energy with a holographic copy of yourself in it. So go alone to a quiet room where you have a little space to work with. Relax and clear your mind using a method that works well for you. Really, truly relax for this one. Let go of any tension that is in your mind about learning magic. Just totally let go. Standing with the empty space in front of you, form a cylinder of energy with your hands. Make it big enough to surround yourself if you were standing in the middle of it. Imagine this energetic cylinder coming up out of the floor and extending up to the ceiling. It forms a chamber in which you can work powerful magic. See the cylinder clearly in your mind and feel the outer wall of it with your hands. Using both your hands, make a holographic copy of yourself and place it inside the cylinder. To do this, touch your head, face, chest, or shoulders with your hands, and imagine that you are taking a copy of your energy. Grab hold of that energetic copy of yourself and push it into the cylinder. Only your hands should enter the cylinder to do this. Then remove your hands from the cylinder. There is now an energetic copy or holographic version of yourself in the cylinder—in the magical chamber. That version of yourself should be standing and facing you. See it there clearly. Look at the head of your hologram. Look into its mind. Look deeply into the place where magic can be done—into your subconscious mind. Inside the head/mind of your holographic self, see a control panel. It is flat, and it's facing you directly. On it are several sliding gauges, like the slider controls on an equalizer. These gauges represent all the things you'd expect to see related to magic or the ability to work magic. There might be a control for faith. On the zero end (bottom) of the control, it says "doubt". Above the control, at the top, it says "faith" or "knowledge". Next to that, there may be a control for possibilities that says "impossible" at the bottom and "possible" at the top. You may see a control there for subconscious power, with "limited" at the bottom and "unlimited" at the top. You might have a control simply for your magical power. There may be multiple controls for various

feelings or emotions that you see are related to your ability to work magic. Let your imagination work here. Allow yourself to see the controls that you see—these are the ones that apply to you. Allow yourself to add any controls that you wish to see. This is a hologram of *you*, so you can do what you like with it! Now that you have a clear picture of the control panel (and no, you don't have to remember all the things you see on it), I want you to see where the slider control is for each gauge. On the faith/doubt gauge, for example, where is the slider currently pointing? See it clearly. Would you like to change it? Get your hands back into the cylinder—only your hands—and adjust any controls that you would like to adjust. One by one, take a good look at each control, decide if you'd like to change it, and then grab hold of that slider with your hand and move it up! Allow yourself to feel the energetic shifts as you do this. Move each slider control up to the place you are comfortable with on each gauge. If you want to move it all the way up, don't hesitate to do this. It's your right. If you want to slide them all up, that's fine. Just do them one at a time, feeling the effects and shifts that each one is causing. It's important to *feel* what you are doing as you do this. You see it. You are taking action with your hands. Feeling it helps you to *know* it's changing. Once you have changed all the settings that you wish to, remove your hands from the energy chamber again. Now observe that hologram of yourself. See the control panel you have adjusted sort of fade back into the mind of your hologram. Notice the changes in your holographic self—more magical, more powerful, more certain. Walk around the cylinder to see yourself from different angles. Now take a look at the cylinder itself as it extends from the floor to the ceiling. When you are ready, you are going to enter the cylinder and step right into your hologram. Walk around to the back or side of the cylinder and step into it fully and suddenly. Position yourself so that your hologram is completely overlaid on of your physical body. Feel yourself absorbing that holographic version of you. Feel a surge of magical power coming down from the top of your head over your entire body. Allow yourself to feel fully one with your hologram that you adjusted the mind of. You are magical! *Feel* the magic. Feel the power! *Know* that you have just increased your ability to work magic from this moment on. Reach both of your hands out to your side so that they are just past the wall of the cylinder. Grab hold of the cylinder walls with both of your hands. Then pull the walls of the cylinder inward to your chest, collapsing the magical energy chamber

into your physical body. Feel the powerful surge of energy that results from this action. This could be powerful enough to knock you over. This exercise could trigger a series of such surges of energy, even after knocking you to the floor. Allow any other strong feelings to sweep over your mind and your body—feelings of power, feelings of magic, feelings of wonderful confidence. When you feel ready, relax and take a deep breath. Completely let go. Have absolutely no concern over the results of this exercise. Just totally let go—and keep practicing the magic!

PART IV: INCREASING YOUR MAGICAL POWER

20. Meditation: Empowering Your Magic

Real magic is not about gaining power over others. It is about gaining power over yourself.

—Rosemary Guiley

Why Meditation Is Important

In this chapter, I'm going to give you the secret to how I work magic as powerfully and as reliably as I do. Yes, you guessed it! The secret is meditation. Meditation can mean a lot of things. First, let me clarify what I mean by it. To meditate is to set aside some time to focus inwardly. Meditation gives us a break from our busy modern lives. It's a time to pause and reflect. It's also a time to peel back the layers of all our roles and responsibilities and find out who we really are inside. Often inspiration will come to us during peaceful moments of meditative rest.

There are many reasons why you should meditate. Meditation can be used to:

- Center yourself
- Clear your mind of clutter
- Relieve stress
- Relax your body
- Uncover your true emotions
- Release unwanted emotions
- Deal with issues, trauma, or emotional "blocks"
- Allow a little time for yourself
- Decide on your desires in life
- Focus on your desires in life
- Find your life's purpose
- Awaken to who you really are
- Work on empowering yourself and your mind

- Make major decisions
- Set or focus on goals for the day
- Receive inspiration or guidance
- And more!

I know, I know. You're heard it before. And you may be thinking, "I've tried meditating, and I just can't do it!" Maybe you've followed some regime that someone laid out for you about how you should meditate, and it just didn't work for you. I understand. I'm going to teach you to do things differently. Personal meditation can not only be beneficial in all of these ways, it can also be pleasant and enjoyable. Of course, I want you to enjoy meditating—or else you won't do it! So let me teach you how to make it enjoyable!

There's another big reason why you should meditate: It's time you can use to practice magic! I am most interested in this reason, as that's the primary goal of this book—to teach you how to practice basic Mind Magic! If you've done the exercises I've provided, then you already know how to meditate! You may have noticed that most of the exercises instruct you to clear your mind and focus in certain ways. This is a form of meditation. And the more you practice it, the better you will become at it. In this way, learning magic is like learning to play an instrument or a sport.

Not only can some of your meditation time be used to practice magic, but meditating can enhance and empower your magic in many other ways. Read over the above list again. Do you see how regular meditation, if it helps you to do these things, will improve your magical skills? It's inevitable! The more you clear your mind, release unwanted emotions, and focus on your desires, the stronger and more powerful your mind becomes. The more you find your purpose, awaken yourself, and empower your mind, the more confident in working magic you will become.

Learning magic is a direction, a path—not a singular goal. The businessman doesn't work on building up a successful business and then quit. He keeps building it even after it's successful. This book is intended to start you on the path of magic. Stay on that path, and you will become more and more powerful. Neglect it or leave it, and you may return to the way you were—or worse. My purpose in this book was to teach you the beginnings of

Mind Magic. These final chapters will give you the tools you need to take it from there. It's up to you. You can be on the path of progress. It's actually easier than you think. It just means always moving in the direction of further enlightenment, greater empowerment, deeper enjoyment! This is the path I've been on for years, and I've never looked back!

Meditation is your key to making greater and greater progress from this point on. Don't dismiss this. I can't emphasize the importance of it enough. You've made it this far through this book, so you're obviously interested in learning real magic. I'm sure you've already had some great experiences doing the Mind Magic exercises I have provided. In this chapter, I'm sharing some fantastic tools that will help you tremendously increase your rate of success and the quality of your magical work. Practice makes perfect. Keep going! It gets better.

How to Meditate

There are many different ways to meditate. The trick to getting into the habit of meditating is learning to use those methods that make you feel great. This is how I do it, and I meditate every day with rare exceptions. It doesn't feel at all burdensome or annoying. I always walk away feeling great. You can get there, too! Here's how:

1. Try out various methods of meditation.
2. Find out what works for you. You'll know what works for you if it helps you to do the things listed in the last section **and** you feel good doing it.
3. Once you know the various forms of meditation that work best for you, those are the methods you should use.
4. Be consistent about meditating. I recommend making it a daily habit.
5. Be *inconsistent* about your method of meditating. If you've found multiple methods that work for you, change it up! Each day when you go to meditate, do what you feel like. Don't get stuck in the same routine or it might become boring and therefore ineffective.

This last step is really important if you want to make meditation a daily

habit for yourself. Our conscious minds can get bored with something that we do the same way over and over again. Our subconscious minds are deeply programmed to relieve our conscious minds of tedious tasks by making them practically automatic. You don't want this to happen to your meditation time. So each day, when you go to meditate, decide what you feel like doing. Allow yourself the freedom to choose what feels right in the moment. Later in this chapter, I will discuss various methods of meditating that you can choose from. This not only keeps it interesting to your conscious mind, but also allows you a deep sense of freedom about meditating. If you are already in the habit daily meditation, you might even decide you just don't feel like it some days. Allow yourself that freedom. Just keep it up as a daily habit.

To really meditate effectively, you need to be able to focus. Choose a place where you can be alone and undisturbed while you meditate. You may want to choose the same place to meditate each day. This way, it can become a sacred spot to you. It gains it's own energy, which can actually help you to focus in the future. When you go to meditate, don't allow yourself to be interrupted. Silence your phone or leave it in another room. Remove distractions. Relax your body. Quiet your mind. Look inside yourself. This is time for *you*. What are you going to do with it? If you make it worthwhile and beneficial to yourself, it will become something you want to repeat over and over again.

You can meditate sitting in a chair, standing up, sitting cross-legged on the floor, or whatever works for you. If your chair is too comfortable and you find yourself falling asleep too easily, try meditating while standing up. This may increase your focus. You may even want to create a cylinder or sphere of energy to meditate within. This could be on the floor with you standing in the middle of it—or surrounding you while you sit in a chair. There is no "right" or "wrong" way to do this. The goal of meditating is to take the time to pause and focus within yourself. Whatever helps you do this is the right way for you.

Personally, I love meditating. It's something I look forward to every day. Sometimes, I get excited about what I have planned for the day's meditations. Why? Because I use meditation as a tool to progress. I can improve my spiritual or emotional state, empower my mind, envision my future, or simply work powerful magic in the moment. And all of these things make me feel great both during and afterward. If you follow the guidance I give you in this

chapter, you can make meditation an enjoyable time for yourself as well.

When to Meditate

As I have mentioned, you should set aside time each day to meditate. At what time of the day? That depends on you. Choose a time when you can relax without pressures on you. This might be first thing in the morning. It might be during your lunch break. It might be after you get home from work or just before bed. Find a time that works for you. If you are tired in the evening, then bedtime might not work for you. You don't want to be drowsy or falling asleep during your meditation. Remember, you need to be able to truly focus. This is a time to concentrate on things that you desire to improve, change, or create—either in yourself or your environment. If you truly desire these things, then it's important enough to capture your attention for a few minutes each day—isn't it? If you truly want to change yourself and your life, you'll want to devote some daily time to work on that change.

When do I meditate? I meditate in the mornings. Not first thing in the morning! No, no! Coffee first! Meditations after. I almost always take some time each morning to relax and have a cup of coffee or two. Then, when I'm ready—and my mind is fully awake and alert—then I meditate. I find that morning meditation helps me to set the stage for the whole day. I can decide what I'm going to work on that day. I can deal with any issues in my self that I uncovered yesterday. I can raise my vibrational energies of happiness, love, and peace. (I will discuss this more in the next book.) I can visualize things, work energetically on long-term goals, or just work magic that I feel would be useful for the day. Or I might just sit, clear my mind, and hold an empty space for a while. All in all, I always love what I do for my meditations—because if I didn't, I wouldn't do it!

How long should you meditate? Again, there is no set answer for this. I typically spend at least a half hour each day meditating in one form or another. I don't usually spend that long using any one method. If I haven't decided how I'm going to meditate beforehand, then I decide what I'm going to do in the moment. This provides me with a tremendous sense of freedom and the joy that comes with it. Occasionally, my meditations might take an hour. I don't normally take that much time to meditate. I easily could if I didn't have so many other things to do! At other times, I may only spend

fifteen minutes on meditating. It all depends on the day. As I have said, make it inconsistent. We don't always feel the same every day. So why force our meditations to be the same every day? Go with what feels right to you at that time. Find the meditation methods that work for you, the time of day that works for you, and the length of time that works for you. You'll get the hang of it. And you'll soon be looking forward to your time to meditate like it's a highlight of your day! You may, like me, find it so beneficial that you have to cut short your meditation time or else you'd just keep on going!

Methods of Meditation

Now that we've discussed why, how, and when to meditate, let's talk about some methods you can use to effective meditate starting today. Remember, you can meditate sitting, standing, or even lying down! And you can use energy structures around yourself while you meditate, if you desire. Try using meditation to accomplish any combination of the following. You can also use the tools mentioned later in this chapter to enhance your meditations even further.

RELAXATION AND STRESS RELIEF

One of the most common forms of meditation is to just relax and clear your mind for a while. This can help you completely reset your emotional being, especially if you have been stressed. Here's what to do: Alone in your place of meditation, completely clear your mind of all clutter, all noise, and all thoughts and feelings. Breathe out deeply as you relax. It may be difficult to clear your mind at first, but with some practice, you will find yourself able to empty your mind of everything. Let there be only peace there. Peace and calm. And then hold onto that empty space. Don't allow any thoughts or feelings to come in. Just keep breathing in and out, deeply and slowly. This can help you completely reset your brain, delete all stress and tension, and provide a clean slate at the start of your day.

BODY SCANNING

Another common meditation practice is what some refer to as "body scanning". This is simply a method of changing your focus to various parts of your body, typically for the purpose of deepening your relaxation. To do this,

sit or lie down in a comfortable position, and then bring your attention to various parts of your body. A good way to do this is to start with your feet and gradually work your way up to your head. You can do general body scanning (for example, feet, legs, hips, lower back, belly, upper back, chest, arms, hands, neck, head). Or you can make it more specific (for example, feet becomes sole/base, toes, upper foot, ankle). You can make this as general or detailed as you like, even focusing on various organs and their function. The key point of mentally scanning each part of your body is to first focus on it (bring your awareness there) and then relax it (let go of any tension you notice there). When I do body scanning (which admittedly isn't often), I like to bring more purpose to the exercise. Relaxing each part of the body is great, but while I'm there, I'll throw that part of my body some positive energy. An easy way to do this is to just make your awareness of that part a keen awareness of health. This can become a great exercise is improving your overall physical health. Or, you can just use it to reach deeper states of relaxation and calmness.

TALKING TO YOURSELF

This method involves allowing some of the clutter to be in your brain—in a controlled fashion, of course. Relax your body and mind. Then allow your inner mind chatter to come up. Listen to what your deeper self has to say. Chat with your inner self. Allow whatever feelings you have to arise up and be there, even if just for that moment. Discuss them with yourself. Validate yourself and your inner feelings. This practice can provide tremendous emotional release and eventual peace. It can also reveal your true inner self to yourself. I know that sounds odd, but I mean it. You can come to know yourself better by just allowing your inner chatter to explain itself and your deeper feelings to your conscious mind. You can reason with it if you like. You can even argue. Just let it be productive. Go somewhere with it. It might lead you into letting go of feelings, making decisions, or figuring out what you really want to begin with. When we listen deeply and intently to others, we connect with them emotionally. When we listen deeply and intently to ourselves, we come to know ourselves better. Give it a try.

RELEASE EMOTIONAL ISSUES

Another method of meditation involves deliberately bringing up negative

feelings, emotional issues, trauma, or anything else that you know is there within yourself and you don't want any more. During this type of meditation, you can bring up your deeper emotions, validate them, ask yourself if you need or want them anymore, and then choose to let them go. This releasing process can be tremendously powerful, as it can clear emotional "blocks" that are subconsciously in the way of your success. Many of us have blocks like this in the areas of relationships, job, success, money, time, freedom, and so on. See the section later in this chapter on The Sedona Method for the best tool to use for releasing deep emotional issues.

DECIDING WHAT YOU WANT

This is a fantastic use of your meditation time! One of the key things that prevents many people from attaining their dreams is that they don't really know what they want. "Oh, but of course I know what I want," you say. Are you so sure? Take a look inside yourself. Do your desires jump all over the place, or are they focused and clear? Use this meditative exercise for inner clarity. Take a few deep breaths, relax, and clear your mind. Once you are completely relaxed and at peace, ask yourself what you truly desire in life. Allow the real answers to come from deep within yourself. Listen. Ask some more. You can get this clarity from your inner self if you ask for it. If you truly don't know what you really desire, then you are free to decide! What a privilege! While you are meditating on this, take the time to decide what you really want. It's up to you, anyway. Your desires are your desires—not someone else's! Figure out what you want. That's the first step to bring any great manifestation into reality. If you already know what you want, or you're getting there, you can use this time to set goals related to your desires. These could be short-term goals (things you will pursue now or in the next few days or weeks) to long-term goals (how you see your life in three to five years). Meditating on these things can give you the clarity you need to move forward with confidence.

FINDING YOURSELF

Let's take this another level deeper. You might know what your inner desires are, but who are you really? Do you even know? Relax and clear your mind as before. Then dig deep into your soul—perhaps deeper than you ever have before. What is your purpose in life? Do you know it? Does your inner

self know it? And if so, can you find out? This method involves asking yourself these deeper questions, one after another, in a meditative state, until you find your true purpose. Be prepared that it will be a big one—or perhaps something profound. Ask yourself who you really are? Have you ever looked within your own mind and wondered just what you are? How is it that you are alive and thinking to begin with? What is that spark of intelligence within you—within your body and mind? You can use this kind of deep meditating to awaken your true Self. Become awake to who you truly are. Open your eyes and realize that you are a creator. You will only understand this if you experience it. Many never dare to try.

EMPOWERING YOUR SELF

You can use your meditation time to empower yourself. You might focus on enhancing your own magical power, as with the last magical exercise I gave you. You might focus on cleaning out your mind and strengthening control over your own thoughts and feelings. You might use this time to challenge yourself to become a better person in a variety of ways. Use your imagination. Just as you can use magic to strengthen your magical abilities, you can use meditation to strengthen your meditative abilities.

MAKING DECISIONS OR DEALING WITH ISSUES

Do you have a current issue going on that you will need to deal with? A major decision to make in the near future? Use your meditation time to gain clarity on your direction, make the best decisions, or rectify present issues easily. When you relax your mind and attain a peaceful, meditative state, you are open to all possibilities. Once you get there, present the issue to your subconscious mind. Think out the various options, consequences, or resolutions. Then listen to what your mind comes up with. You may be surprised at how easy it is to find solutions to problems when you approach them with meditation! I certainly do. Everything seems to become clear in those peaceful meditative moments. To ensure that you remember all that inspiration, write down the answers or solutions you come up with just after you meditate.

SETTING YOUR GOALS FOR THE DAY

Another great use for daily meditation is to set your goals for the day,

especially if you meditate in the morning. Once you are in a relaxed, meditative state of mind, think about your short-term goals—or even your long-term goals if there's something you can do today towards them. You may be surprised how easy it is to set clear goals for your day while you are meditating. When your thinking is clear, uncluttered, and focused, there's no end to what you can accomplish. If your goals are oriented toward your true inner desires, it should be easy to see what you need to do and decide how you are going to go about it today. This alone can increase your productivity tremendously, whether you use this for your job or for your own personal goals.

RECEIVING GUIDANCE FROM THE UNIVERSE

Ask and you shall receive! You have the right to ask for guidance from the Universe. So expect that you'll receive it! Relax, clear your mind, and focus on whatever it is you need the guidance for. Then just openly and freely ask a question to the Universe. This is not a question directly toward your own mind, conscious or subconscious. It's a question directed "out there". Ask your question while in a state of total peace, openness, and relaxation. And then just listen for the answer. Trust the guidance you receive—at least enough to give it a try. Of course, if the guidance you receive promotes harm to anyone, you're listening to the wrong voice. Many people have gone far amiss by listening to voices in their heads that direct them to do terrible things. That's not what I'm talking about here. I'm talking about getting into a deeply peaceful, meditative state, and then asking the Universe for help or for an answer to a current problem—or perhaps just general guidance in the progress of your soul. If you are in tune with positive energy, you will know when the guidance you receive is good and right.

WORKING MAGIC

Of course, working magic is a wonderful way to meditate! If you've noticed, most of the magical exercises I've given you in this book start with getting you into a peaceful, calm state of mind. This is meditation. Working magic in that state of mind is an act of meditation. When you meditate, your mind begins to resonate with different frequencies. When you work magic, your mind also begins to resonate with different frequencies. Mind Magic is, of course, a more proactive form of meditation. It's like taking your

meditative reality and creating it in the real world. This is why I love meditation so much! Working magic is basically meditating in active, reality-changing ways. And I love working magic! It's so beautiful, so creative, and so powerful! This is why I say, practice daily meditation if you want to really ramp-up your magical powers!

Tools for Meditation

The rest of this chapter is mostly devoted to introducing you to some extremely helpful tools that you can use to make your meditations more interesting, more powerful, more enjoyable, and more varied. And it includes one final exercise on meditation.

As a reminder, my mission as Merlin Starlight is to elevate the consciousness of the world, one soul at a time. It's also to help my fellow humans on earth to find true happiness, deep inner peace, and tremendous personal power. Therefore, my mission is to elevate YOUR consciousness, help YOU find true happiness and deep peace, and teach YOU the tremendous POWER of Mind Magic. I have a vision to empower individuals such as yourself so that you will share that power with others, thus spreading knowledge and power around the world. In my vision, my work will enlighten the earth and multiply blessings across the globe!

As a part of that vision, I have provided this book on Mind Magic as a service to the world. Please note that the online links given below are to specific tools I am recommending for you. These links have all been thoroughly tested and are perfectly safe. By clicking the links provided, you will be supporting my global mission and vision. You could just look up these products online, of course, but I appreciate your support by using the embedded links. If you are reading the paperback version of this book, you can type these links exactly as you see them into a web browser. That will take you to the right place!

An important note about the following sections in this chapter: All of these are specific products and programs that *I have personally used* in my journey to acquiring powerful magical skills. I would not suggest or refer you to anything that might help you without first having experience with it. If I didn't *know* these things would be helpful to you, I wouldn't promote them.

Releasing: The Sedona Method

I devoted the entirety of Chapter 7 of this book to the process of letting go, including explanations about why it's important, how to do it, and more. Learning a foolproof method for releasing any emotional issues you may have, including deep subconscious issues, is crucial for your long-term success with magic. Actually, I think it's crucial to your long-term success with having a generally happy life. Your personal power and success with Mind Magic will increase tremendously as you learn to let go of limiting self-beliefs, self-doubt, emotional attachments, negative feelings, old trauma, etc. This book on Mind Magic doesn't provide you with enough detailed instructions on how to truly let go of all of those feelings.

The Sedona Method is an entire program focused around teaching you how to release feelings that you don't want or need anymore and thereby live a freer and happier life. My job in this book is to teach you the fastest and easiest path to working magic, and I have done that. The Sedona Method's job is to teach you the details of how to easily and effectively release the feelings in your subconscious mind that are holding you back in life. Some who practice this method of releasing find that magic starts happening in their lives spontaneously. Things they had desired for a long time suddenly start to come to them. It's as though their inner feelings were the only thing in the way of the real manifestation of their desires. Once they released those feelings, the power just flowed. The act of letting go can be that powerful! I feel that the Sedona Method is the fastest and easiest way to increase *your* personal power and enhance *your* success with magic. Yes, you can also use it to dissolve doubts and fears!

I highly recommend that you use the Sedona Method to help you remove and release old feelings that are getting in the way of your success with magic or in any area of life. You will be so glad you did! Here is the link:

http://bit.ly/sedonam

Not only does the Sedona Method teach you a powerful technique for letting go of past trauma, pain, or undesirable feelings stored in your subconscious, it can also be used to let go of any unwanted emotion on the spot. This means that learning this method will enable you to release

emotions in the present moment—in real time. So, if something (or someone) causes you to feel things you don't wish to, or to ruminate on negative feelings (ever done that?), you will have a powerful way to deal with it right then and there. It doesn't have to bother you any more, take up your time, or distract you from whatever you were doing. This alone can be tremendously freeing!

If there is any one tool that has helped me to increase and strengthen my magical skills more than anything else over the years, it is the letting go process as taught by the Sedona Method. I practically swear by it! One of the biggest obstacles you may find to your success with magic, the Law of Attraction, manifesting, or creating your reality, is *your own* subconscious feelings. The letting go process allows you to release and remove any negative feelings that get in the way of the fulfillment of your true desires. It also helps the subconscious and conscious minds connect and work together in powerful ways. As I mentioned, sometimes just the act of letting go of something can make amazing magic happen—and fast! I cannot recommend the Sedona Method highly enough!

Using Hypnosis to Reprogram Your Subconscious

We all know about hypnosis, at least a little. But let me explain some things about hypnosis that you might not fully understand…

Earlier in this book, when I discussed the difference between your conscious mind and your subconscious mind, I explained how the true power of observation to create change comes from your subconscious. Your observation causes the quantum observer effect to kick in when you subconscious mind really *knows* it is true. Often, it is difficult to convince the subconscious that something is really true. There is a natural barrier that is in place between the two levels of your brain that protects against directly influencing your subconscious. In most cases, this is for your own good. However, if you want to change deep subconscious beliefs (say from limited to unlimited, for example), hypnosis can be an effective way of doing this.

During hypnosis, your conscious mind is lulled into a trance-like state where the barrier to the subconscious mind is "relaxed" or "loose". In that condition, your subconscious becomes open to the power of suggestion. It becomes willing to change deep hidden beliefs into something else. Powerful

statements can be used to influence the subconscious to overwrite an unwanted program with a desired one. It is for this very reason that I am cautious about recommending "just any old" hypnosis to you. If you're going to do hypnosis, you want someone who knows what they are doing, is trustworthy, and has a proven track record for success.

I've had experience with a lot of different hypnosis programs over the years. Trust me, they don't all know what they are doing! Good hypnosis tracks will exclude any negative statements and have only the desired programming carefully worded in a positive fashion. I have enough experience with hypnosis that I have even written my own hypnosis scripts. I do not market them, however, as they are just for my own personal use. My point is, I know enough about subconscious programming to tell a good hypnosis tool when I see one.

One of the best sources of hypnosis tracks out there is Dr. Steve G. Jones. Dr. Jones is a Hollywood-based hypnotherapist who has done many personal hypnosis sessions with Hollywood stars (and for a high price) for many years. He has recorded a wide variety of hypnosis sessions and made them available to the public. He has hypnosis tracks for a myriad of different issues and areas that people need help with—including everything from posture problems, fear of speaking, and memory loss to improving sales skills, speed reading, and even golfing! Of course, he has hypnosis tracks for general and common issues such as wealth, confidence, motivation, weight loss, dating, and overcoming depression.

You can find Dr. Jones' hypnosis tracks at the following link:

http://bit.ly/drstevej

Go there and take a look. He has a ton of different programs available. If you are struggling to let go of any particular issue in your life, I suggest you try some hypnosis to help you get past it.

Another great hypnosis program is available at Instant-Hypnosis.com. Based in England, this company has spent years creating beautiful hypnosis tracks that address a wide variety of needs, issues, or desires. They have many tracks that directly address specific fears, for example. They also have a lot of hypnosis tracks for acquiring things that you desire. Deep subconscious reprogramming can assist with manifesting your desires in life.

Check out the variety of hypnosis tracks available at this link:

http://bit.ly/instanth

I believe the Instant Hypnosis website will send you a free hypnosis track just for getting onto their email list, so you can try it out at no cost to yourself.

How Brainwave Technology Can Enhance Your Meditation

Ah, now we get to it! I love brainwave technologies! What do I mean by "brainwave technology"? I will gladly explain. When you are in various states of mind, your brain emits certain frequencies. It "resonates" along those frequencies. When you are happy, you are resonating with certain frequencies. When you are confident, there are other specific frequencies. Whether you are feeling peaceful, certain, uncertain, depressed, ecstatic, cautious, thankful, doubtful, or whatever, there are specific frequencies that your mind can be found to produce. There are also powerful frequencies associated with creativity, "flow" state, meditation, and motivation. At times, wouldn't it be tremendously useful to be able to get your mind into one of those states—the one you chose—completely at will and with little to no effort? Of course it would! And with new brainwave entrainment technologies, you can!

Brainwave entrainment means putting certain frequencies into the brain and causing it to resonate with those frequencies. This is possible because of how our minds are influenceable. If we pump into our brain the frequencies related to confidence, for example, suddenly we find ourselves feeling confident! It's like magic! And how do those frequencies get pumped into the brain? The simplest way is by using an audio track. Scientifically-designed audio tracks send specific sets of frequencies into the brain by using a complex balance of vibrating sounds in stereo. I know, it sounds complicated. It is! But it actually works!

I have experienced such powerful effects in my own life from using brainwave technology that I have incorporated them into my daily meditations. And I find that my power grows and grows and grows! I cannot overstate how beneficial this type of technology can be to you! The best part

is that it's totally effortless! Within a few minutes of listening to a track, your brain just starts resonating with the frequencies of that track.

BrainSalon is a fantastic product that provides you with six different brainwave entrainment tracks that cover the following areas: sleep, creativity, relaxation, happiness, sharp focus, and high energy. Each track is precisely half an hour long, which is a great length to use for meditation. To work effectively, the sounds have to be in stereo, so you'll need to use headphones or earbuds to listen. Can't get to sleep? Put on the sleep track. Feeling down? Put on the happiness track. You'd be amazed at how your brain resonance will change by just listening to a simple audio program. Yes, you can listen to these tracks while working magic, too! I personally use brain entrainment audios every day. When I am writing, I will often put on the creativity track. If I need to focus on something complicated, the sharp focus track does the trick to get me into "the zone" where I can be highly productive! If I just need to pause and meditate a while, I'll put on the relaxation track. Every one of these is fantastic and does just what it claims to! This stuff is on the cutting edge of brain science!

Here is your link to the BrainSalon audio programs:

http://bit.ly/brainsalon_ms

There is another product similar to this, produced by the same people, that is designed to give your brain a powerful push in a specific direction. They're called "brainwave shots", and they work fast! They have brainwave shots for: focus, peace, pain relief, learning, healing, motivation, you name it! What's great about brainwave shots is that they provide you with a few different tracks for each one. You can listen to the brain entrainment track alone or with accompanying music (depending on your preference). And you can listen to either a 15-minute or 30-minute version of it. The 15-minute versions of the track are useful if you have only a short amount of time—or you need to get your brain into a certain state in a hurry!

Check out all the options with Brainwave Shots here:

http://bit.ly/brainshots2

This website will provide you with free tracks for an area of your choice,

such as relaxation, confidence, or euphoria. You can get your free audio tracks at this link:

http://bit.ly/brainshots

Just a note: I listen to the confidence shot quite frequently. I will often put on the 15-minute version to work some quick magic. Amazingly, this audio quickly puts my brain into the right place to work powerful magic easily. Using the above link, you can try it out for free!

Using Affirmations to Reprogram Your Mind

You're probably familiar with the idea of affirmations. These are positive statements that you repeat to yourself emphatically in order to get your mind to "digest" them. The idea behind affirmations is that you can reprogram your subconscious feelings, beliefs, and thinking patterns by feeding it positive affirmations on a regular basis. These positive statements can be anything from simple phrases like "I am thin" or "I am a millionaire" to more complex thoughts like "I always remain peaceful no matter what is going on around me."

Affirmations should always be written in positive manner and should avoid using words that trigger negative emotions or images in the mind. For example, you don't want to say, "I'm not late paying my bills any more." The subconscious mind works on images and feelings. The word "not" doesn't tell it to reverse the image or feeling associated with the other words. So this example sentence would bring to mind the idea of being late paying bills. You probably wouldn't even want to include the concept of paying bills, as this might trigger stress in you. It would be best to avoid the word "bills" altogether. I would reword this affirmation to be something like this: "I always have plenty of money to meet all my expenses." This contains both the idea of having plenty (in particular of money) and the positive idea of meeting expenses. It's a win-win. Affirmations should also be written in the present tense, rather than referring to something in the future. For example, "Driving my dream car every day" is better than "I will buy my dream car sometime this year." The future, to your subconscious, hasn't happened yet. If you want to convince it that something has already happened, state it in the

present.

Now that we've had that quick lesson in writing affirmations, I'm going to tell you about some fantastic software that you can use to gently and continuously pour affirmations into your subconscious mind all throughout the day. Of course, this is assuming that you work on a computer during the day. If your daily work doesn't involve a computer, you can still use this software on your personal computer at home. Your affirmations will be working for you whenever you use it. Here's how it works: You install a simple tool on your Mac or PC. You set it up to run certain affirmations for you (this is easy to do). Then you tell it to run whenever you're using your computer.

What does it do? The software takes the affirmations that you have chosen and flashes them quickly onto the center of your computer screen. It's only for a fraction of a second, so you don't notice it consciously. It does this every several seconds (you can configure how often) all day long. The best part is that you can either use a list of pre-written affirmations that they provide with the software or you can write your own. You can even start with one of their affirmation lists and modify them a little to make them more personal. It's completely flexible and very simple to use. Easily configure it, then just tell it run. After that, all the time that you are looking at your computer screen, your subconscious mind gets the repeated messages that you told it to display. These subconscious affirmations can be amazingly powerful! And it's completely effortless to allow your mind to just keep digesting these positive messages all the time that you're looking at your computer.

The software is called Subliminal Power and can be downloaded at this link:

http://bit.ly/subpower_ms

Another really powerful way to use affirmations is to combine them with brainwave entrainment technology. And it's so easy to do! Imagine that you're sitting at your computer with subliminal messages repeatedly flashing on the screen, and you put on some earphones with an appropriate brainwaves soundtrack that goes along with them. You could combine motivational brainwave sounds with motivating affirmations—or combine

confidence brainwave sounds with positive affirmations about success. This allows you to boost the subconscious effect of both technologies. In this case, the sum of the parts is greater than the whole.

Creating Your Reality with Mind Movies

Ah, yes. Mind movies—the ultimate subconscious reprogramming tool for manifesting whatever you desire in life! The concept of a "mind movie" is simple but powerful. It's basically a digital vision board—but supercharged! The idea is that you have a short little video to watch that inspires tremendously strong feelings of already having the life you desire. Why is this so powerful? A few reasons: First of all, it involves both your conscious and subconscious minds. You are watching a movie, listening to the sounds, and reading the text with your full awareness, while allowing the messages of all of these inputs to sink deeply into your subconscious. Let's say you have figured out what you desire for your life. This might include things related to your career, relationships, children, home, friends, business, money, time, freedom, possessions, and so on. Imagine you have pictures that represent those things that you desire. You watch these pictures move across your computer screen. Positive affirmations that go along with those pictures appear on the screen. Music is playing in your ears—or perhaps a brainwave entrainment track—or a subliminal audio track—or multiple of these overlaid on each other. You are combining visual and audio inputs, reading which stimulates mental awareness, music which stimulates positive brain chemicals—and you are doing this while fully aware and awake, digesting every image, every word, every idea into your subconscious mind. That is the power of mind movies! And it only takes a few minutes per day! Watch your customized mind move every day, and you will be reprogramming your subconscious with the belief that it already has the things that you desire. And when your subconscious believes it already has something, it works to bring it into reality.

I use a highly-customized mind movie daily as a few minutes of my meditation time. I watch and listen as the things I desire to manifest are placed before my eyes and spoken into my ears. The rest of the time, I watch my life change around myself, as my subconscious mind continues to work to create those things that I desire. When enough of the items in my mind movie

have come about in my reality, I take the time to create a new mind movie and begin watching that one. I can't tell you how powerful this is and how fantastic you can feel both during and after watching your own mind movie. It makes you feel so good, you won't want to quit once you've started!

Mind Movies is a company that was started by Natalie Ledwell several years ago. It was based around the idea of creating software that would allow people to easily build their own customized mind movie for subconscious reprogramming. The software allows you to customize uplifting images and videos, positive affirmations, inspiring music, and subliminal audio tracks into a short personalized video that you watch for a few minutes each day. This can be crazily powerful to change your life! If you're into creating your own reality, I highly recommend this product.

The Mind Movies company has created a set of pre-built mind movies that they will give you for free. The below link will take you to the page to obtain your free mind movies and will also show you an introductory video featuring Bob Proctor and Natalie Ledwell:

http://bit.ly/mindmovies_ms

If the free pre-built mind movies aren't enough for you and you're ready to purchase the Mind Movies 4.0 software that allows you to customize a mind movie for yourself, use this link:

http://bit.ly/mindmovies2_ms

All in all, mind movies are one of the most powerful manifesting tools I know of, especially if they are customized to exactly what *you* desire for your life. Check them out!

Final Exercise: Meditation

Well, we've come to the final exercise of the book. This exercise will help you with meditating. If you have any trouble focusing, you can't motivate yourself to start, you don't know when to find the time for it, or you don't know what methods or tools would be best for you, we're going to address that now. The goal of this last exercise is to use magic to enable you

to meditate, provide you with the guidance you need in how to meditate, show you what tools would be best for you, help you find the time for it, and make it easy, pleasant, and extremely beneficial to you. Now let's do this…

Exercise 54: Projecting Energy

Go to a quiet room where you can sit alone in a chair. Position the chair so that there is some clear space around it in the room. Relax and completely clear your mind. Take a few slow, deep breaths. Stretch your arms out to your sides and imagine that you are creating an energy bubble around yourself. It's a beautiful, relaxing, peaceful energy bubble that shields and protects you from the outside world. Form this bubble with your hands. See it flexing, moving, vibrating around you. This is your meditation bubble. You may have a variety of reasons why you don't meditate. Time commitment, motivation issues, difficulties, obstacles, or perhaps just some confusion of how to really begin in earnest. Let's deal with these issues now. Bring up each obstacle to your meditation—anything you see that does or could interfere with you being free to meditate daily. One by one, see each obstacle directly in front of you, in the present moment. Reach out with one or both of your hands. Grab hold of that obstacle. Feel that you have it firmly in your grasp. Now, gently but firmly fling it out of your meditation bubble. See it pass through to the outside of the bubble and disappear. Notice that each obstacle that you do this with is no longer there with you inside your meditation bubble. You are cleaning it out, one issue at a time. Keep doing this until no further issues come to mind that are preventing you from engaging in daily meditation. You will know when you are finished this cleansing: You will see that your meditation bubble is now cleaned out. No issues remain. Now let's fill it with what you need for meditation. There are so many different options for meditating—so many methods you could follow, so many tools you could use. Look at the different methods of meditation that we have discussed: self-talk, emotional releasing, discovering yourself, decision-making, goal-setting, or receiving guidance from the Universe. See that these are all floating around inside your meditation bubble. They may be chaotic or disorganized. That's okay. Which ones work for you? Take a look at each of these. For each one, reach out and touch it with a hand. Does it give you a happy feeling —a "resonance" that you seem to vibrate with or feel in sync with? If so, take that method and pull it into your chest. You are accepting that as a method

you will use for meditation. Now look at the various meditation tools I have shared with you: Sedona Method, hypnosis, brainwave technology, affirmations, Mind Movies. Take a look at each of these as well. Reach out and touch each tool as it floats by. Does it "resonate" with your soul? That is, does it give you a happy, positive feeling when you connect with it? If so, take that tool and pull it into your chest. Keep doing this process until you feel that you have built up a plan for your meditation practice within your peaceful energy bubble. Take a good look around the inside of your bubble. It's beautiful, happy, peaceful—a place you will want to visit each day. You have the things you need there for successful daily meditation. See them and smile! You already are successful! Can you feel it? Let it sink into your heart deeply, bringing peace deep into your soul. To end this exercise, reach out with both of your hands and gently pop your meditation bubble. As it pops, feel that all of the peaceful energy inside it dissipates into the room around you, filling the room with a quality of peace that perhaps you've never felt in that place before.

Before you get up and go about with the rest of your day, make a decision that you are going to practice daily meditation from this point on. Make it as important as obtaining the things that you desire in your life. It truly is that important—and just for that reason! If you can yourself willing to, make a firm commitment that you will continue practicing daily meditation from here on. Now relax and completely let go of any tension about meditation. You are at peace with it now. Meditation is your friend. Through daily meditation, you will empower yourself emotionally and mentally, give yourself time and space to practice and grow in magic, focus on bringing the things you desire into your life, and improve yourself generally in every way! With confidence in your heart and a smile on your face, get up and go on with your day!

Keep In Touch

Yes, I'm a real person. And yes, you *can* contact me using social media. I am committed to your success. I'm not just giving you this book and leaving you with it. I'm open to modifying any portion of it, adding things that you might find useful, and answering your questions about it. Follow me:

on Instagram at @themerlinstarlight

on Twitter at @MerlinStarlight

You can also direct message me. While I cannot guarantee that I will have the time to answer each individual question, I will certainly listen to your input, questions, and suggestions. Get online and let me know how you liked this book! I'd love to hear from you!

∞∞∞∞∞

Well, you made it! You finished reading what was probably your first book on real magic. Congratulations! Now, don't let this book sit around and gather dust! (If it's on your Kindle or your phone, that would probably be hard to do.) Put your new knowledge to use! The reason I provided you with so many practical exercise in Mind Magic is so that you get used to actually working magic. The more you practice, the easier and easier it will become. Make it a daily habit to spend a little time in meditation and magical exercises—half an hour a day if you can spare it. I'm sure there are plenty of things in your life that you'd like to change. That is probably why you picked up this book in the first place. So keep that motivation! You *can* change your whole life using Mind Magic! I'm always improving my own life even after ten years of working magic. There is always room for improvement. I'm a highly self-motivated person, and I'd love to share that motivation with you.

I like you! I love you! I believe in you! And I want you to succeed! I want you to experience tremendous success with Mind Magic! Follow me on social media, and I will keep you motivated to change your life for the better. There on Instagram and Twitter, I will continue to provide you with free guidance, tips, and motivation to continue your magical journey so that you can grow and grow in true magical power. Remember, no one else can teach you Mind Magic like I can—anyone else had to learn it from me! I created the methods, tested them, and continue to improve them. Keep following me and I will provide you with further improvements and enhancements to Mind Magic as we move into the future together. Keep going with the magic and your entire life will change! You have the knowledge right now—and the power in your hands—to join the ranks of those who have completely revolutionized their own lives in the areas of finances, job/career, relationships, health, freedom, and more. Stay on this path! Your life will continue to get better and better and better!

A Preview of What's to Come

The next chapter of this book is the last chapter, and I have used it to present you with a variety of helpful resources in your journey of self-empowerment. I even organized them around the four major steps of working Mind Magic: *see*, *feel*, *know*, and *let go*. Use it as a reference guide to some powerful tools for enhancing your meditations and empowering your magical skills!

But this isn't the end! Let me know if you are interested in me writing a follow-up to this book. I'm even thinking of turning it into a 3-part series. The second book would be called "More Mind Magic: Becoming A Real Wizard." It would include more details on the science behind magic and the "Law of Attraction," guidance on how to learn *second sight* or third eye "seeing", more on holographic realities, energetic resonance, parallel universe, and how to charge magical objects. It would also include some powerful insight, instructions, and exercises using advanced time magic (altering timelines so that the present appears as if the past has changed). This is powerful stuff! The third book in the series would be an advanced guide for full emotional control of your life—and how to use that powerful control to work crazily powerful magic! Remember, if you can control your feelings, you will control your whole life. I'm a living example of this. Feel free to message me on social media and let me know if you would like me to keep writing these books. It's been fun so far!

21. Helpful Resources

Magic, like technology, is a tool.
—Mercedes Lackey

The Final Chapter

The purpose of this final chapter is to be your reference guide for the various meditation and self-improvement tools I have mentioned in this book. Not only that, but they are categorized into the four steps to working Mind Magic (*see*, *feel*, *know*, and *let go*). Most of these were included in the previous chapter, but I felt it would be useful to group them differently for you here in this reference guide. This way, if you are having difficulty with any of the steps of Mind Magic, you can go directly to the section for tools to help you with that step. I've also included some additional tools that I have used in the past which might be beneficial to you. I want you to have everything you need to be tremendously successful at working beautiful, powerful magic!

Tools for Seeing

The tools in this section will help you with the "seeing" step of Mind Magic. Remember that all the steps of magic are working together to get you to "observe" your reality a certain way. Then the quantum observer effect kicks in and brings about whatever changes are necessary. So, *seeing* things a certain way will help you to *feel* that they are that way. These tools ultimately help with the *feeling* part by assisting you with what you *see*.

MIND MOVIES

As I shared with you in the previous chapter, mind movies are the ultimate subconscious reprogramming tool for manifesting whatever you desire in life! You build your digital vision board, select the powerful audios you want to include, and create your customized manifestation video. Then just watch it for a few minutes a day! It's easy and it's powerful. To get a free

set of pre-built mind movies geared toward a few major topics (confidence, self-love, social life, health, inner peace, and wealth attraction), use this link:

http://bit.ly/mindmovies_ms

The Mind Movies 4.0 creation suite allows you to build your own custom mind movies using uplifting photos, positive affirmations, brain-enhancing music, and subliminal audios in whatever area of life you desire. To purchase and gain immediate access to the Mind Movies 4.0 software, use this link:

http://bit.ly/mindmovies2_ms

With mind movies, you are stimulating your mental awareness around the things that you strongly desire—and you are doing this while fully aware and awake, digesting every image, every word, every idea into your subconscious mind. That is the power of mind movies! As I mentioned before, mind movies are one of the most powerful manifesting tools I am aware of, especially because they allow you to customize your meditations to focus intensely on the life you desire. You won't want to quit once you've started!

SUBLIMINAL POWER

As mentioned in the previous chapter, Subliminal Power is computer software that gently and continuously pours affirmations into your subconscious mind all throughout the day (while you are using your computer). You can use sets of affirmations provided to you with the software or customize your own affirmations. Then, whenever you are using your computer, the software runs in the background, flashing your affirmations across the screen every several seconds. This effortless digestion of positive messages into your subconscious mind can be amazingly powerful! You can download Subliminal Power online and get it running in the background for you starting today. Use this link to install this powerful and fun tool onto your Mac or PC and get it working for you:

http://bit.ly/subpower_ms

Also see the next section for tools that use brainwave entrainment technology. Combining subliminal messages with audio brainwave

entrainment can multiply its power!

SUBLIMINAL-STUDIO

Full disclaimer: This is a product I have not tried myself. However, it is made by the same company that produces Subliminal Power, so I believe it's a good tool. This is software that allows you to create your own custom subliminal audio recordings. This is more "hearing" rather than "seeing", but some people are more apt to be influenced by sound rather than sight. Audio subliminal messages are a great way to reprogram your subconscious mind for success. The Subliminal-Studio package includes 20 pre-recorded subliminal audio scripts and several hours of relaxation/meditation music and "binaural beats" (brainwave entrainment soundtracks). To learn more about Subliminal-Studio or to purchase the software and soundtracks, use this link:

http://bit.ly/substudio_ms

Tools for Feeling

This section of tools are aimed at helping you with the "feeling" step of Mind Magic. Remember that *feeling* helps you to get to *knowing*, where the real subconscious magic happens. The tools in this section are all brainwave entrainment audios. These are truly powerful for adjusting your feelings in a variety of ways. I suggest listening to these audios while doing any of the following activities: 1) meditating, relaxing, or focusing, 2) practicing magic, 3) looking at (or just imagining) pictures that represent your desires, 4) reading affirmations (or simply using your computer while subliminal ones pop up), 5) using audio affirmations (either your own or pre-recorded) and overlaying them on each other. To combine brainwave entrainment sounds with other audios, you can use a simple tool on your own computer such as Apple's Garage Band, which allows you to combine audios, adjust the volume of each, and save them as a new MP3 file. That file can then be transferred or synced to your phone. Please keep in mind that for copyright purposes, any MP3 files you create in this manner must be for your own personal use.

BRAIN SALON

If you skipped the previous chapter, go back and read the section on 'How Brainwave Technology Can Enhance Your Meditation'. I explained how your brain emits certain frequencies when you are in various states of mind (peaceful, doubtful, happy, fearful, thankful). By mimicking the frequencies of the states of mind that you desire, brainwave entrainment audios bring your brain into resonance with those states. This means that you can easily get into a calm, peaceful, happy, or confident state (just to name a few examples) by simply listening to an audio track! I use these all the time for meditation, and they work fantastically well! I find that my mind resonates with the frequencies of my chosen track within just a few minutes. BrainSalon is a package of six brainwave entrainment audios, each exactly a half-hour long, covering the following areas: sleep, creativity, relaxation, happiness, sharp focus, and high energy. These are all great tracks. Use them for focusing on work, getting into "the zone", relaxing, stirring your creativity, or cozying down for some good sleep. Most of them (not the sleep audio) are also fantastic to use for meditation and for practicing magic. I suggest you use the creativity, happiness, or sharp focus track for working magic. Here is your link to the BrainSalon audio programs:

http://bit.ly/brainsalon_ms

BRAINWAVE SHOTS

These are simply awesome. What else can I say? "Brainwave shots" are brain entrainment audio tracks that are available for a wide variety of issues or purposes, such as: focus, peace, pain relief, learning, healing, or motivation. Each of these comes with both 15-minute and 30-minute tracks, so you can use a short version of it if you need to. They provide the audio tracks either with or without music, giving you four different options for each type of "brainwave shot". These can also be great for working magic, especially tracks like "Confidence Shot". Check out all the options with Brainwave Shots here:

http://bit.ly/brainshots2

You can also get a free Brainwave Shots audio set (yes, it's a full set of

the four audios) by going to this link:

http://bit.ly/brainshots

BRAIN EVOLUTION

This is another set of brainwave entrainment audios that I own and have used quite a bit. This one is a little more complicated. Each audio is designed to be listened to for 30 days before moving on to the next one. There are six tracks, so it takes a full six months to get through this program. These tracks are designed to calm your mind, strengthen certain areas, enhance your thinking and creative skills, and more. Yes, I did the full six months of this when I got these. After that initial period, you can listen to them in any order you like. The idea behind this is to reduce your reactivity, fight or flight response, and other subconscious issues over time by "evolving" your brain day by day. If you are interested in the Brain Evolution system, check it out here:

http://bit.ly/brainev_ms

Tools for Knowing

The tools in this section will help you with the "knowing" step of Mind Magic. This is, really, the most important step. It's what all the other steps work together to accomplish—to get you to *know* what your reality is. And that *knowing* is the cause which, through the quantum observer effect, brings about powerful changes in your reality. Hypnosis is a great tool for working on getting your subconscious mind to "know" that things are a certain way. This helps your mind to observe it to actually be that way. Remember, when it comes down to it, the power of Mind Magic is in the strong observance of reality being a certain way. All your relaxation, meditation, focus, and visualization work together to intensify that observation. Hypnosis can be a great shortcut to both removing unwanted deep feelings about your life or circumstances and instilling into your subconscious mind those feelings you desire to have.

DR. STEVE G. JONES SELF-HYPNOSIS

If you didn't read the section 'Using Hypnosis to Reprogram Your Subconscious' in the previous chapter, you might want to go back and read that now. In that section, I mentioned Dr. Jones' hypnosis programs, which are top-notch. His soothing voice and entrancing visualizations guide you easily into deeply hypnotic states. He then guides your subconscious mind to release negative feelings and replace them with positives in the area which the hypnosis track is focused on. He is an expert at this! Dr. Jones provides self-hypnosis audio tracks on numerous topics—there are probably hundreds of different options. You can check them out at this link:

http://bit.ly/drstevej

ULTIMATE WEALTH SELF-HYPNOSIS

If you are using or planning to use Mind Magic for attracting wealth into your life, I highly recommend Dr. Jones' Ultimate Wealth Self-Hypnosis. Listen to the hypnosis audio tracks once a day for 21 days to effectively reprogram your subconscious mind in the area of money and wealth. Remove deep concepts of lack and imbed deep feelings of abundance. Here is a link to this particular self-hypnosis program:

http://bit.ly/hypno_wealth

UNLIMITED CONFIDENCE SELF-HYPNOSIS

I struggled with confidence issues for the first few years I was learning to work magic. I had to keep reminding myself of my successes when something didn't work the way I desired it to. Skip all that! Boost your confidence with self-hypnosis. Full disclosure: While I have used multiple of Dr. Jones' self-hypnosis tracks, I have not personally tried this one. However, I'm sure it's top-notch, as his other hypnosis programs are excellently done. I'm including a specific referral to this particular self-hypnosis program because, well, this is a book on magic! And one of the key things people struggle with, at least at first, is having confidence in working magic. If you have any issues with your confidence in practicing Mind Magic, I believe this program will help you get past them. Check it out here:

http://bit.ly/hypno_confident

INSTANT HYPNOSIS

In the last chapter, I also mentioned the self-hypnosis programs available at Instant-Hypnosis.com. They have hypnosis downloads for tons of topics, and they are significantly cheaper than Dr. Jones' hypnosis. If you want to experiment with hypnosis for very little investment, these are great ones to try! You can browse the list of Instant Hypnosis audio tracks here:

http://bit.ly/instanth

As I mentioned before, I believe the Instant Hypnosis website will allow you to download a free hypnosis track just for getting onto their email list, so you can even try one out for free!

Tools for Letting Go

As you know, letting go or "releasing" is a critical part of working magic. It's also a critical part of creating a happy life in general. Chapter 7 of this book goes into detail about why you need to let go and how to do it. This is an area that many people struggle with, as it's truly not the easiest thing to do—unless you have a good method for doing it. I did try out a few different releasing programs many years ago, but I honestly can't recommend any of them. None of the other methods I tried even came close to the power of the Sedona Method. Sure, they can help, but you can learn a little about releasing emotions for free online. What you really need is a powerful, proven method that you can count on.

THE SEDONA METHOD

To really have a surefire way to blast unwanted emotions to bits, you need the Sedona Method. I know it can seem cost-prohibitive to some people, but how much is it worth to you to learn to live with ultimate emotional freedom? Not only does it help you feel so much better, but for many people it has resulted in the spontaneous healing of disease. It is especially powerful in completely removing many mental issues, such as anxiety, depression, and mood swings. And for working magic, it provides you with an easy, foolproof methodology for releasing feelings and emotions that get in the way of your powerful intentions. How much would one program be worth if

it could provide healing of disease, resolve mental disorders, and get everything else out of your way so that you can become a powerful magician over your own life? The Sedona Method is praised and recommended by long list of famous authors and powerful motivators, such as Jack Canfield, John Gray, Cheryl Richardson, Brian Tracy, and Mark Victor Hansen. Try it out here:

http://bit.ly/sedonam

As I mentioned before, I just cannot recommend the Sedona Method highly enough. Your subconscious feelings and the power of your subconscious observance is what creates your reality. The Sedona Method gives you an amazing tool to directly pull up undesired feelings from your subconscious mind and let them go forever. It's simply awesome!

Other Helpful Tools

In this section, I'm going to provide you with some other tools that I personally used years ago, and I found them to still be available online today. These helped me out in the beginning of my magical journey of learning to create, alter, and play with my own reality.

BE PSYCHIC COURSE

The Be Psychic course is a collage of helpful tools that teach you how to tune into your own psychic abilities. We all have psychic powers. It's just that only some of us realize it. If you'd like help learning to open your third eye, exercise your "sixth sense" (which is really much more than just one sense), or simply learn some methods of experimenting with your personal psychic powers, I recommend this course. Today, I often surprise people by telling them things they think I shouldn't have known. I can tune into situations, scan people's bodies for health issues, and discern information clean out of the ether. Personally, I have outgrown the Be Psychic course and I no longer use it. But it is the course that got me started on practicing my own psychic powers. You can get it at the link below:

http://bit.ly/psychic_ms

THE ABSOLUTE SECRET

Ah, these are the books that started it all for many people! The Absolute Secret is a collection of very old books on the Law of Attraction, along with audio versions of some of the books and some additional audios. These old books, some of them published nearly a hundred years ago, were a key part of the whole Law of Attraction movement that is growing throughout the world today. I read these years ago when I first came across the Law of Attraction and decided to begin practicing magic. Sure, you could probably find and buy these books on Amazon and Audible, but this package puts them all together for you at a very low price. Check out what The Absolute Secret has to offer here:

http://bit.ly/absolutes_ms

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I trust that you've enjoyed and benefited from this first-ever book on Mind Magic.

Here's to your success on learning and growing in powerful magic!

Keep in touch and thanks for reading!

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